

BBC

goodfood

November 2022
DHS15

Middle East

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Cozy winter warmers

- Easy venison pie
- Pressure cooker ox cheek & carrots
- Make-ahead hearty hotpot

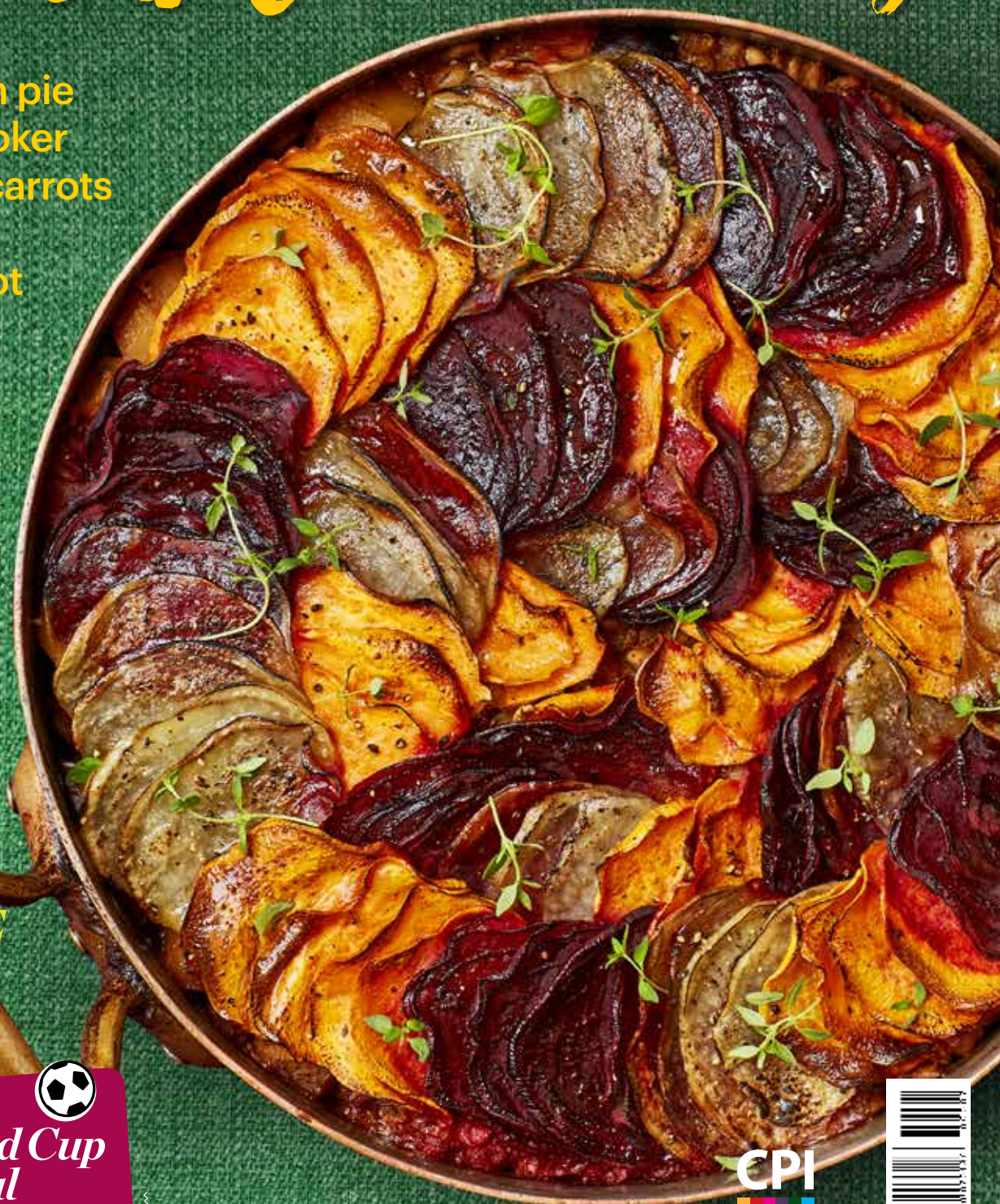
BBQ 101

Find a nifty guide to get the best results when cooking over coals

**DISCOVER
SIZZLING
BARBECUE
RECIPES**



**FIFA World Cup
Special**



CPI

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EAT ALY
AT THE BEACH



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CALERIA**
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Pavilion
at THE BEACH

Welcome!

It's time to take your meals outdoors and enjoy al fresco season with picnics at the beach, BBQs, romantic dinners on the terrace, and gatherings at your nearest park filled with delicious savoury and sweet goodies. Fire up the grill and try our sensational barbecue dishes, fresh fish recipes and a fruity dessert that's apt for cooler days – from page 38. Those looking for handy grilling tips can peruse our mini guide on page 42.



This month's issue is teeming with comfort food that you will want to cosy up with now that the temperature has dropped. Bake our hearty Pesto chicken lasagne (p43), dive into Tom Kerridge's flavour-packed menu starring ox cheek (p54) and find the ultimate pie for Thanksgiving (p18).

As the countdown begins to the first ever FIFA World Cup hosted in the Middle East, scour through this issue to find your team and an accompanying recipe to tuck into on game night. Additionally, sign up for our newsletter and keep up to date with screening offers and F&B specials across the country via our Weekly roundups on bbcgoodfoodme.com.

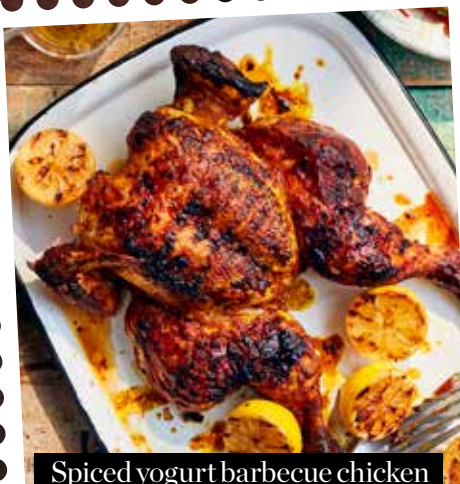
Happy reading!

Nicola Montemith
Editor

These are a few of my favourite dishes...



Froilan Cosgafa IV
Designer



Spiced yogurt barbecue chicken



Barbecued fish with lemon & rosemary



Pear crumble

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Experience The Dubai EDITION's stay and dining options.



Our recipe descriptions

V Suitable for vegetarians.

❄️ You can freeze it.

🔥 Not suitable for freezing.

Easy Simple recipes even beginners can make.

A little effort These require a bit more skill and confidence – such as making pastry.

More of a challenge Recipes aimed at experienced cooks.

Low fat 12g or less per portion.

Low cal 500 calories or less per main.

Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.

Good for you Low in saturated fat, low in salt.

Heart healthy Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.

1 of 5-a-day The number of portions of fruit and/or veg contained in a serving.

Vit C **Iron** **Omega-3** **Calcium** **Folate** **Fibre**

Indicating recipes that are good sources of useful nutrients.

GLUTEN FREE Indicates a recipe is free from gluten.

Some recipes contain pork. They are clearly marked and are for non-Muslims only. Look for this symbol:

P Contains pork.

gf YOUR SAY

We love hearing from you!



STAR LETTER



I have been an avid reader for quite some time. The mini Victoria sponges were sure a hit with my kids this month! We tried a mix of different jams and they loved all of it. Now they call it "cupcake sandwiches" and ask for it all the time. It is easy to make and has many combinations, which cure boredom and hunger all at once. Thank you!

Kim Robin Viray



Happy 15th birthday! I enjoyed reading about Nadiya's strawberry lemonade cake and I even got to make it for my family. It was very delicious, and we all loved it. Thank you very much.

Christa Nayiga



I grew up in the Philippines, with my grandparents growing corn and other vegetables as a source of livelihood. We usually prepare corn as boiled, with butter or make it a soup. The Sweet, Sweet Sweetcorn featured ways to prepare sweetcorn that I have never imagined, especially the sweetcorn fritters. It looks so yummy and will definitely try it.

Joel Lopez

WIN!

A CULINARY HAMPER FROM RENARTE, WORTH OVER AED1,050

RENARTE is a global hospitality supplies company with over 40 world-renowned brands under their distribution in the Middle East. The brand boasts an exhaustive and remarkable selection of products, ranging from complete kitchen equipment and crockery, cutlery, tabletop items, tableware, porcelain, glassware and flatware, to catering equipment, bar and stewarding gear and an impressive array of table linen. RENARTE's range of quality hospitality supplies is carefully curated to gratify and complement every need of every hotelier. One lucky winner will win a pre-packaged hamper from RENARTE, brimming with an exquisite selection of crockery, cutlery, and serve ware, for an unforgettable restaurant-level dining experience at home.

To send in your Star Letter and win this prize, visit the Competitions page on bbcgoodfoodme.com



TALK TO US!

Email us on feedback@bbcgoodfoodme.com with your thoughts and comments, and send us your photos with your copy of BBC Good Food ME!

You can also connect with us on social media! Find us on:



Or, you could write to us at: The Editor, BBC Good Food Middle East, Grosvenor Business Tower, Barsha Heights, Office 804 PO Box 13700, Dubai, UAE.

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NEWS nibbles

What's hot and happening in the culinary world, in the UAE and across the Middle East



“Let them eat cake”

The Cake Boutique unveiled two stunning cakes that will transport you back in time to the Marie Antoinette era – apt for a celebration at home or a housewarming gift. Each is teeming with pink buttermilk layered sponge, decadent white chocolate Swiss meringue buttercream and white chocolate crispy pearls, topped with fresh cherries and detailed old-style ruffles. Known as the Lambeth method – which harks back to the 1930s – this ornate style of cake decorating was named after British pastry chef Joseph Lambeth, who specialized in this particular type. These cakes are still sought after and often seen among royal families - Kate Middleton and Prince William's wedding cake is a classic example. The cakes are available in shades of hot and pastel pink.

From AED750 (12 slices). Contact +97158 600 4547.

Snackwell, by the team behind Cypher Urban Roastery, now offers 100% natural fruit-based snack options. From Banana Spears and Dried Pitahaya to delish Coconut Banana Bites, each treat comprises 100% natural fruit harvested from the same producers the coffee is sourced from. Snacks are free of preservatives, artificial colouring, and added sugar.

THE BEST BITES

THE WORLD'S FIRST!



Alba White Truffle season is here! The Founder of Via Toledo, Francesco Calò - named 'Best Italian Pizzaiolo in the World' in the National Championship of Pizza Doc in 2019 - has created the spectacular Neapolitan-style Pizza Magnatum, the World's First Pizza with Alba White Truffle for just AED2,900! This creation celebrates refined ingredients featuring the chef's blend of flours - which bears his trademark - to guarantee a nutritious and unique pizza.

Repurpose & Grow



Dubai-based startup Bean & Beyond has partnered with RAW Coffee Company to repurpose coffee waste by producing gourmet oyster mushrooms, here in the UAE. The process starts with RAW collecting and supplying freshly used coffee grounds which are then transported to the facility to prepare the growing medium. The company is also working on repurposing used mushroom substrate to be composted as a soil amendment and processed into cattle feed - both of which are in their experimental stages. Furthermore, DIY mushroom kits and coffee waste-based packaging options are in the pipeline. As a start-up, Bean & Beyond has experienced mushroom growth in a short span of time and formed successful partnerships with coffee organizations in the region.

SAVE THE DATE: November 8-10



GulfHost, MENA's largest hospitality and foodservice event, will bring together foodservice pioneers to showcase cutting-edge products and services that are shaping the future of the hospitality industry. This year's edition will play host to 2,000 brands and showcase over 8,000 solutions. At the heart of GulfHost will be the three-day Foodservice Excellence Summit - a must-attend conference for hospitality and industry professionals looking for the latest insights and trends. This year, the visitor experience will also extend outside, with the chance to watch engaging demonstrations on different styles of outdoor cooking at Top Table, featuring over 70 regional chefs including Asian, Arab and US charcoal barbecue. Do keep an eye out for up-and-coming chefs from leading hotels and restaurants at YouthX. Guests can also access the four co-located food and beverage events taking place simultaneously: Gulfood Manufacturing, The Speciality Food Festival, ISM Middle East and Private Label Licensing ME.



Local collaboration

Premium Norwegian water brand EIRA Water has appointed Dubai's renowned Chef Reif Othman as the Global Brand Ambassador. This partnership represents the perfect pairing of two brands with a commitment towards quality and innovation. Chef Othman will offer the brand at his extensive collection of restaurants and pop-up venues.

Brunch season is in full swing at Taj Jumeirah Lakes Towers

Take your pick from this extensive selection of indulgent experiences, apt for a bevy of friends and families



MAZI Thursday @ Paros

The award-winning terrace rooftop on the 46th floor of the Taj Jumeirah Lake Towers features stunning views over the Marina. It's the only place to be on a Thursday evening! Enjoy the vibes with a tropical house mix by the resident DJ & live entertainment from saxophonists or the violinist. A live grilling station serves the most succulent meats and dishes, making it a great dinner for those who want to unwind and tuck into seriously good food.

Details: Every Thursday, 7-11pm

Price: Unlimited grilled food with hops and grapes at AED 249, and with house beverages at AED 299.

Unwind Night Brunch @ TJ's

Friday brunch is back and better with the "Unwind Night Brunch", a Sparkling package concept. The four-hour long night brunch includes a three-course meal and unlimited soft drinks, house grapes, sparkling, and bubbly packages.

Details: Every Friday, 7-11pm

Price: AED 199 per person including soft beverages, AED 249 per person including house beverages, AED 379 per person including bubbly, and AED 549 per person including sparkling.

Nisi Night Brunch @ Paros

Views of Dubai's astounding skyline coupled with live performances from Walter Scalzone and Sabrina Terence and exceptional cuisine - what more can you ask for? This brunch venue is a hedonistic, multi-sensory dining and entertainment experience.

Details: Every Friday, 7-10pm (After Brunch Party from 10pm)

Price: AED 245 per person including soft beverages, AED 295 per person including house beverages, AED 375 per person including bubbly, and AED 650 per person including sparkling. After Brunch Party at AED 150 per person for 4 beverages.

Friday Night Brunch @ Nonya

Strut to the weekend with the newly launched nocturnal brunch where partygoers are invited to feast on Asian culinary delights with live entertainment followed by a captivating performance from DJ Christian and DJ Rainier.

Details: Every Friday, 8-11pm

Price: The Asian Brunch consists of three packages, unlimited beverages and 4 sharing-style courses priced at AED 329, with bubbly for AED 449, and sparkling for AED 549. Premium bottle packages are available upon request.

Saturday Secret Circus Brunch @ Nonya

A spectacular way to end the week! In partnership with brunch specialists the Secret Parties, dubbed as the Secret Circus Brunch, guests will enjoy a lavish 4-course contemporary Asian brunch menu. Birthday celebrants dine complimentary! Enjoy heart-pounding circus acts and guest DJs all afternoon, followed by the After party.

Details: Every Saturday, 1-4:30pm | After party 4:30-8pm

Price: AED 299 with soft beverages, AED 349 with grape (ladies only), AED 399 for house beverages, AED 499 with bubbly and AED 699 with sparkling. Bubbly and sparkling packages inclusive of premium concoctions. After party for AED 150 - 4 selected house beverages. Premium bottle packages are available upon request.

Saturday Serial Griller Brunch @ TJ's

Experience brunch with breakfast options every Saturday. Starting as early as 11am, diners can come to JLT's sports café TJ's and enjoy a barbecue brunch alongside delicious live grill dishes on the tented terrace, while enjoying an afternoon of leisure. Guests will be joined by new Live Duo Singers Who's WHO?

Details: Every Saturday, 11am-4pm

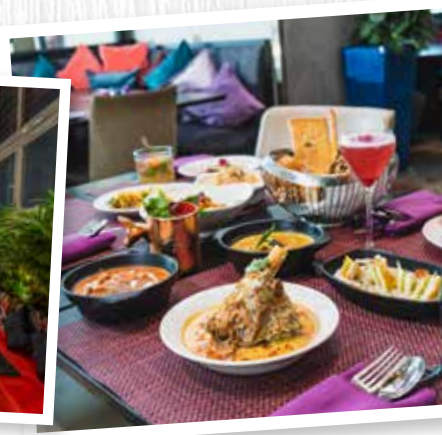
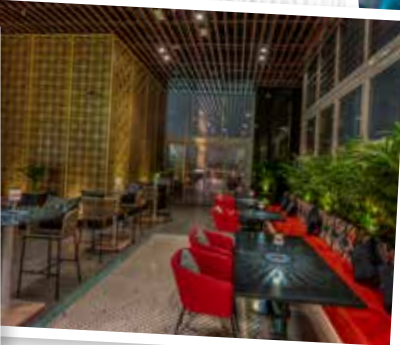
Price: AED 169 including soft beverages, AED 229 including house beverages, AED 399 including bubbly and AED 549 including sparkling

Sunday Brunch @ Shamiana

Encompassing traditional cooking techniques and contemporary flavours, as well as desirable beverages served from the live bar, diners are in for a treat as they embark on a gastronomic trip across India's regions. The menu features appetizers such as the tender Baked Paneer, the lip-smacking Chicken Achari Tikka, and the Lamb Biryani Arancini - a new take on the classic Italian dish. Now served straight to the table, the sumptuous mains feature Sous Vide Lamb Shank, Hing and Curry Leaves Infused Fish, and Baked Malai and Spinach that's rich in flavour and texture. Stop by the Chaat Counter and Mumbai Street Corner featuring contemporary takes on crowd favourites like Mexican Pani Pouri and Avocado Bhel, as well as the comforting Paav Baji and Keema Paav. Enjoy a delicious seasonal Mango Phirnee or the Insta-worthy Cotton Candy for a sweet finish.

Details: Every Sunday, 12:30-4pm

Price: Soft beverages package at AED 185, house beverages package at AED 300, bubbly at AED 450, and premium package at AED 750.



Flavours of the *month*

What's hot and happening
around town this month

AMELIA DUBAI

Beirut export Amelia has opened its doors at the iconic Address Sky View, offering a refined Lounge Restaurant coupled with the finest in mixology, gastronomy and music. Amelia's opulent interiors honour the revolutionary 'Moderne' Art Deco era, merging for an immersive and visually powerful experience. Diners can tuck into a fusion of Nikkei cuisine with Mediterranean flair, featuring delights such as the Lubina ceviche with wild sea bass, chulpe, red onion, sweet potato, coriander and aji limo, or the Azi yuzu oysters to begin with. The Wagyu bao, with its shitake, baby rocca and fontina is delicately balanced with truffle cream, while the Marsicos frito (signature monkfish and squid dish) and Nero di seppia, are elevated with tangy lime and chilli tentsuyu. Don't miss the Pato iron pot - duck breast served with shallots and a composed honey cream.

Contact +9714 328 2805.

RAY'S GRILL



The iconic fine-dining restaurant has made its much-anticipated return. Ray's Grill, the premium steakhouse at Conrad Abu Dhabi Etihad Towers, has reopened with a fresh, extensive selection of sumptuous

meats and premium beverages. Situated on the 63rd floor, the refined hideaway leaves every guest amazed by its lofty 360-degree views of the city skyline and Arabian Gulf. Look forward to the sharing-style Chateaubriand and meaty Tomahawk carved tableside, in addition to grilled fresh seafood, vegetarian-friendly options and the delectable double-patty smash burgers made with 100% minced chuck steak.

Contact +9712 811 5666.



Amelia Dubai

ALBA TERRACE

SATURDAY SPRITZ



Elevate your Saturday afternoon with al fresco brunch

12:30 PM to 5:00 PM | 3-hour experience
4-course menu of Mediterranean favorites

Soft package for AED 245 | House package for AED 365
Premium bubbles and grapes package for AED 465

For reservations please call +971 2 208 000



📍 SUCRÉ DUBAI

Master of open-fire cooking, Chef Fernando Trocca, has launched a new menu at this Argentinian restaurant with Mediterranean roots. Savour dishes such as the Empanada de Cordero with spicy lamb, tomato, and olive; Paella de Langosta featuring a whole rock lobster, shrimp and crispy corn; and plenty more. Set in DIFC, the restaurant's inviting interiors incorporate exposed brick walls and an open kitchen that offers a glimpse of the chefs in action. Earlier this year, Sucré joined a select list of Dubai establishments on the Michelin Guide 2022.

Contact +9714 340 0829.



📍 PICNIC AT BRASSERIE BOULUD

Picnic C'est Chic exudes French flair through a sharing-style menu. Expect gingham print table covers that bring the outdoor dining tradition into the contemporary confines of the lavish Sofitel Dubai The Obelisk. Start with picnic items such as sourdough baguette and salted butter, French artisanal cheeses, duck pâté en crôte, salmon rillettes, beef Cecina and various other accoutrements. Follow with grills such as marinated lamb chops, Cajun spiced chicken breast skewers, grilled Oman shrimps with fresh lemon, and grilled sea bass with rosemary-infused olive oil. The rotating desserts come perfectly packaged in a wicker basket filled with a traditional dark chocolate moelleux, rice pudding with raspberry and vanilla coulis, classic Madeleines and a home-style apple tart with whipped cream.

Saturday, AED195 per person with several pricing options.
Contact +9714 324 9999.



📍 FOLIA, FOUR SEASONS RESORT DUBAI AT JUMEIRAH BEACH

The plant-based cuisine lovers' sanctuary has returned to Dubai. Chef Matthew Kenney, a pioneer of green creations, has unearthed a selection of gems at this new venue. The recipes expand on the garden-style restaurant's delicacies, which the hotel and chef rolled out earlier this year. Menu highlights showcase the Watermelon poke with a ponzu-lime marinade, Hot crispy mushroom sliders, Heirloom tomato pizza with almond ricotta and olives, and the remarkable Bahn Mi with braised tofu and scallion mayo, to name a couple of sensational dishes.

Contact +9714 270 7777.



📍 BAGATELLE

One of the city's favoured hotspots has opened for the season, now featuring a splendid makeover and an enhanced menu. Whet your appetite with Truffle pizza comprising foie gras and confit duck, William pear chutney, Medjool dates and black tea purée, cep brioche; Crispy octopus with caper aioli and the finest assortment of caviar by Kaviari. For mains, the Grilled lamb rack with tomato and parmesan purée; Herb salt-crusted whole free-range chicken with tarragon; and the Whole coastal fish cooked with lemon leaves are worth a try. The highlight and one you can't leave without trying, is the Pizzetta au Chocolat Jivara, noisettes du Piémont caramélisées, a decadent speciality starring fresh pizza dough topped with rich Jivara chocolate, and caramelized hazelnuts for added texture.

Contact +9714 354 5035.

🔥 ZUMA DOHA

Opening this month, the brand's latest pop-up will feature the signature sushi counter, robata grill, lounge and bar, in addition to a stunning terrace and private dining room overlooking the Qatari Sea. Zuma's award-winning signature dishes are on the menu too, including Spicy beef tenderloin with sesame; Black cod marinated in miso; and Grilled sea bass with chilli and ginger, accompanied by an innovative range of drinks. Throughout the season, a live DJ will enhance the venue's vibrant ambience.

Visit zumarestaurant.com/book



GCC



🔥 GAIA AND NYX

The international Greek-Mediterranean restaurant and lifestyle concept is opening in Doha this month, within the heart of West Bay. Curated by Chef Izu Ani and restaurateur Evgeny Kuzin, GAIA and NYX envelope the essence of Greece, boasting a refined taverna with traditional flavours, fresh ingredients, and the simplicity of home cooking. As guests venture through the restaurant, step into NYX, a gorgeous terrace that evokes the nostalgia of vivacious summer nights on the Cyclades islands. The DJ creates an eclectic atmosphere with a blend of vocal, funk and deep house music, mixed with club classics.

**ROSE WATER ICE CREAM**

1500ml oat milk
1pc vanilla pod
230g egg yolk
50g glucose
10g coconut milk powder
160g caster sugar
20g rose water

*the ice cream will give you 30 portions

1 Place all the syrup ingredients in a pot and bring it to a boil. Set aside to cool down at room temperature.

2 Place the Baba dry ingredients in a mixer, except for the salt, and mix for a minute. Add the eggs and milk (room temperature) and continue on low speed, until it becomes a uniform dough. Slowly add the butter (cut into small cubes), add the salt and mix the dough for 2 more minutes. Place the dough in a container and refrigerate for 4 hours minimum. Portion in equal parts of 70g in a silicon mould and set aside. Preheat oven at 170C for 20 minutes. Soak in the syrup.

3 To make the Cinnamon Crumble, place all the ingredients in a mixer, apart from the salt and margarine. Mix for 2 minutes. Add the margarine and continue mixing for 2 more minutes, add the salt and place in a baking tray - bake for 12 minutes at 160C.

4 Combine the whipping cream, coffee beans, cinnamon and sugar, for the Coffee Cremeux, and simmer until it reaches 62C. In a mixing bowl, whip the eggs, and in the second bowl, melt white chocolate with the gelatin. Combine the eggs, mixing all the time. Once done, add the chocolate and last, the butter, mixing with a hand blender. Cool down and put the cremeux in a piping bag.

5 For the Namelaka, reheat the milk with half of the cream, cardamom and glucose. Add the white chocolate, mixing with a hand blender. Add the gelatin and finish with the rest of the cream. Once cooled down, put the namelaka in a piping bag.

6 To make the Rose water Ice-Cream, place milk, sugar, vanilla pod, glucose, and coconut milk powder in a pot. Bring it to a boil, cool it down and infuse until it reaches 60C. In a mixing bowl, foam the egg yolks and slowly add the infusion, mixing continuously. Finish with the rose water. Freeze until required.

7 Place the soaked baba off-centre on the plate, add the coffee cremeux on top and garnish with the cardamom namelaka. On the side, place the cinnamon crumble and top with a quenelle of rose water ice cream. Decorate with rose petals.

A.O.K KITCHEN RIYADH

Bringing the restaurant's acclaimed Marylebone menu to the Kingdom for the very first time, A.O.K Kitchen Riyadh is a unique dining experience. An acronym for 'All is Okay', A.O.K Kitchen Riyadh embraces the London-born brand's philosophy of curating a feel-good dining experience that accommodates everyone, including puppies, who are welcome to join their owners on the restaurant's terrace.

Baba Sponge in cardamon & cinnamon syrup, coffee & cardamon ganache and rose water ice cream

SERVES 1**BABA**

200g oat milk
40g caster sugar
20g fresh yeast
4pc organic free-range eggs
420g gluten-free
120g unsalted butter
5g Kosher salt

*the dough will give you 30 portions (70g)

CARDAMOM SYRUP

100g caster sugar
150g water
7pc cinnamon sticks
20g star anise

15g cardamom seeds

COFFEE CREMEUX

225g whipping cream

20g coffee beans
225g caster sugar
1g cinnamon powder
3pc organic free-range eggs
5g gelatin leaves
25g Valhrona white chocolate
15g unsalted butter
*the cremeux will give you 30 portions

CARDAMOM NAMELAKA

200g goat milk
10g glucose
15g gelatin
340g Valhrona white chocolate
400g whipping cream
4g cardamom powder

*the cremeux will give you quantity for 30 portions

CINNAMON CRUMBLE

200g Gluten-free flour
110g margarine
80g caster sugar
40g cinnamon
20g cocoa powder
3g salt

*the crumble will give you 30 portions



European Fruits: the essential and healthy nutritional choice

Juicy, crunchy and sweet, with bright colors and rich aroma: the balance of nature contained in a fruit, from the trees of the Greek orchards to your table!

The cultivation of fruit trees has been flourishing in Europe for centuries, and it is intertwined with the culture and life of the Mediterranean people. The microclimate of the area with its mild temperatures, the sufficient rainfall and the abundant sunshine offers the ideal conditions, influencing in the best way the quality of the fruits produced in the area.

The experience of the people who are working in fruit production, combined with the modern scientific methods and the strict standards of quality and control applied in Europe, ensure a safe product on your plate, of high nutritional value and unique quality. During the cultivation and production of European fruits, all legal requirements and safety and hygiene standards of the national standards and international quality protocols (certified by AGRO 2, GLOBALGAP, BRC, IFS and ISO 22000) are fully adopted and implemented.

Apples, Kiwis, Peaches, Nectarines and Cherries from Europe, produced in Greece: add the ultimate healthy habit to your daily diet!



Apple Cinnamon Muffins

INGREDIENTS FOR THE BATTER

2 cups All-Purpose Flour
1 tsp. Ground Cinnamon
1 tsp. Baking Powder
1/2 tsp. Baking Soda
1/2 tsp. Kosher Salt
1/2 cup (1 Stick) Unsalted Butter, softened

1/4 cup Granulated Sugar
1/4 cup Packed Brown Sugar
1 large Egg
1 tsp. Pure Vanilla Extract
1 cup Milk, preferably whole
1 large Granny Smith Apple, peeled, cored, and chopped

FOR THE CRUMB TOPPING

1/2 cup (1 stick) Unsalted Butter, melted and cooled slightly
1/4 cup Packed Brown Sugar
2 tbsp. Granulated Sugar
1 1/2 tsp. Ground Cinnamon
Pinch Kosher Salt
1 cup Plus 2 tbsp. All-Purpose Flour

DIRECTIONS

1. Make the batter: Preheat oven to 350°F with a rack in the middle position; line 2 standard muffin tins with paper liners. In a medium bowl, whisk together flour, cinnamon, baking powder, baking soda, and salt.

2. In a large bowl using a hand mixer or in the bowl of a stand mixer fitted with the paddle attachment, beat butter and sugars together on medium speed until creamy. Add egg and vanilla and beat to combine. Scrape down sides of the bowl to make sure all is evenly incorporated. Add dry ingredients and beat on low speed until just a few dry streaks remain. Add milk and beat to combine. Fold in apples. Fill liners $\frac{3}{4}$ full with batter (you should get about 15).

3. Make the topping: In a medium bowl, combine melted butter, sugars, cinnamon, and a pinch of salt. Mix in flour until large crumbs form. Divide crumbs evenly over muffins.

4. Bake until a toothpick inserted in the middle of a muffin comes out clean, 20 to 22 minutes. Let cool slightly before serving.



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Tried & tasted

Our top dining experiences this month

BEACH BY FIVE *Five Palm Jumeirah*

From a private beach, jacuzzis and VIP cabanas to stunning skyline views, a grand pool and high-energy beach parties, Beach by FIVE is perfect for an afternoon rendezvous. The alluring beach club features a charming ambience providing a sense of escapism for visitors. We found loungers by the buzzing pool and could instantly feel the eclectic vibe as the upbeat music livened the mood.

The highlights

Chef Florian Barbarot is at the helm of this distinctive menu and brings forth his experience from two Michelin-starred establishment, L'Auberge de l'Ill, in addition to training in France, Tahiti and Taiwan. Chef Barbarot enthusiastically talked us through his

newly unveiled French Riviera-inspired menu, and we couldn't wait to dig in.

A delicate and silky Sea bream carpaccio doused in corn ice cream and spices, topped with tangy lime juice, was served first, followed by plump Scallops in aromatic coffee butter elevated with parsnip mousseline and mushroom consommé, garnished with a sublime porcini crust. Next up, the velvety Crab salad with a gazpacho of cucumber, lemongrass and coconut was outstanding, while the Quinoa salad with earthy flavours combined with the creamy avocado, yoghurt and mint dressing topped with burnt avocado and zesty citrus added freshness to this brilliant dish.

The Lobster club sandwich was a great sharing option for mains, especially by the poolside, filled with beautifully balanced cebette butter and spinach. The highlight of our lunch, however, was



the indulgent eight-hour Slow-cooked octopus served with hummus, cottage cheese and vegetable ratatouille on the side. An artistically plated creation, the octopus was tender and perfectly cooked, bursting with sublime French and Middle Eastern notes.

Desserts called for a classic Tiramisu without gluten, adorned with pear slices and filled with fluffy vanilla mascarpone and pieces of chocolate and cranberry. A light creation that elevated our meal. Lastly, the decadent savoury Cheesecake sandwiched with layers of cream cheese, and decorated with chocolate truffles, was absolutely divine.

Call +9714 455 9989.



TJ's Taj Jumeirah Lake Towers

TJ's is a contemporary sports bar featuring quirky décor that evokes an old-school charm. Sited on the ground floor, the venue features an inviting ambience with screens to catch the latest sporting games, interiors boasting a theme of gold, brown and beige tones, and eye-catching lighting fixtures, that set the tone for a splendid meal and weekend brunch.

The Highlights

We headed down for the Saturday Serial Griller BBQ brunch and opted for a flavourful concoction with coconut cream and pineapple juice to get the weekend started. Helping ourselves to the appetisers section comprising a variety of salads, we added cured meats and cheeses to our plate with a side of fresh veggies. The buffet also features fresh fruits and plenty more. Enjoying our first course on the tented outdoor terrace, we instantly relaxed and enjoyed tunes from the live band.

Making a beeline for the buffet station starring BBQ grilled prawns,

calamari, meats, non-halal roast, Frankfurt beef sausages, kebabs and grilled chicken, we shared a wide selection of the juicy grills. The highlight was the smoky, tender grilled prawns which had just the right amount of spice, accompanied by sides including sweet carrots, broccoli, and sour cream-loaded jacket potatoes. Heartier options that diners can tuck into include the macaroni bechamel, biryani and more substantial international dishes.

Quite full by the end of our meal, but not enough to skip dessert, we made our way to the dedicated counter. The dessert corner features everything from decadent tiramisu and jelly fruit cups to a delightful strawberry biscuit tart. I devoured the classic tiramisu – apt for a sweet end to the relaxed afternoon brunch.

Saturday, from 11am. Packages from AED169 per person inclusive of soft beverages. Call +9714 574 1111.





ARMANI/RISTORANTE

The essence of Italy is brought to life at Armani/Ristorante where a natural passion for the finest ingredients, exquisite flavour combinations and contemporary presentation come together for discerning diners. Italian culinary excellence is paired with uniquely personalised service, taking diners on a memorable journey from a classic aperitivo to the subtle nuances of the degustation style menu paired with expert recommendations

Green Planet Risotto “Riso E Gamberi Rossi”

SERVES 1

80g risotto (Riserva San massimo)
3 Sicilian red prawns (Mazzara del Vallo)
30g extra virgin olive oil
1g Maldon sea salt
Seasonal flower and cress
1 lemon

THE ESSENCE OF AROMATICS HERBS

5g fresh tarragon
10g fresh basil
10g parsley
10g celery leaves
20g local spinach
10g fresh dill
10g fresh arugula
10g fresh oregano

10g fresh coriander
5g fresh sage

SICILIAN RED PRAWN BISQUE

3 red prawn heads
2 sundried tomatoes
300ml water
20g extra virgin olive oil
1 white onion

1 Blanch all the aromatic herbs in boiling salted water for 10 seconds, and transfer to the ice cube salted water to activate the shock technique. Transfer all the herbs and chill at -18C. Blend it three times and rest the solution every 30 minutes.

2 Pan-sear the sundried tomatoes with julienned white onions in a saucepan with olive oil. Add the head of Sicilian red prawns and sear for at least 15

minutes before deglazing with water. Reduce the bisque to 70% of the original volume. Strain and keep warm.

3 In a small pot, add the risotto rice and toast for 4-5 minutes. Once the rice is perfectly toasted, add a spoon of bisque and start the cooking process. After 14 minutes of gentle cooking, remove from the fire and add a generous spoon of the essence of aromatic herbs. Once the rice becomes a beautiful green colour, finish with the extra virgin olive oil.
4 Place the risotto at the centre of the plate, complete with the tail of Sicilian red prawn marinated with lemon zest and sea salt. Garnish with a seasonal flower and cress.

Visit armanihotels.com/en/hotels/armani-hotel-dubai

COOKING PROJECT

Nice as pie

Spend a little time making this traditional autumnal dessert from the American South



Sweet potato pie

SERVES 8-10 **PREP** 20 mins plus cooling **COOK** 1 hr 25 mins **EASY** **V**

500g sweet potatoes
320g sheet of shortcrust pastry
125g butter
250g caster sugar
150ml whole milk
3 eggs
grating of nutmeg
½ tsp ground cinnamon
1 tsp vanilla bean paste

1 Fill a large pan with boiling water from the kettle and set over a medium-high heat. Cook the whole, unpeeled sweet potatoes for 30 mins until very tender

when pierced with the tip of a sharp knife. Drain well and leave to cool for 10 mins, then peel.

2 Heat the oven to 180C/160C fan/gas 4. Unravel the shortcrust pastry and use it to line a 23cm fluted tart tin. Line with baking parchment and fill with baking beans, then bake for 20 mins. Remove the parchment and beans, then bake for another 5 mins.

3 Tip the peeled sweet potatoes into a large bowl with the butter, and mash using a potato masher until completely smooth. Tip in the sugar, milk, eggs, spices and vanilla bean paste and whisk until everything is fully combined and smooth.

4 Tip the sweet potato filling into the pastry case, then smooth the

top with a spatula. Bake for about 50-55 mins until the pastry and the surface of the pie is golden and the middle is set. Leave to cool completely in the tin, then transfer to a cake stand or serving plate. Cut into slices and serve. *Will keep chilled for up to three days.*

PER SERVING (10) 415 kcal • fat 23g • saturates 11g • carbs 47g • sugars 31g • fibre 3g • protein 5g • salt 0.6g

FLAVOUR BOOSTERS

● **Extra spice** Dust the pastry with **ground cinnamon** then roll gently with a rolling pin for extra flavour.

● **Sweet topping** Once the pie has cooled, top with a layer of **mini marshmallows** and toast the surface until golden using a kitchen blowtorch, or under the grill.

● **Serving suggestion** Whip **double cream** with **1 tsp vanilla extract** and the juice of **half a lime** and serve on the side.

WHITE CHOCOLATE + GREEN OLIVES YES, IT WORKS!

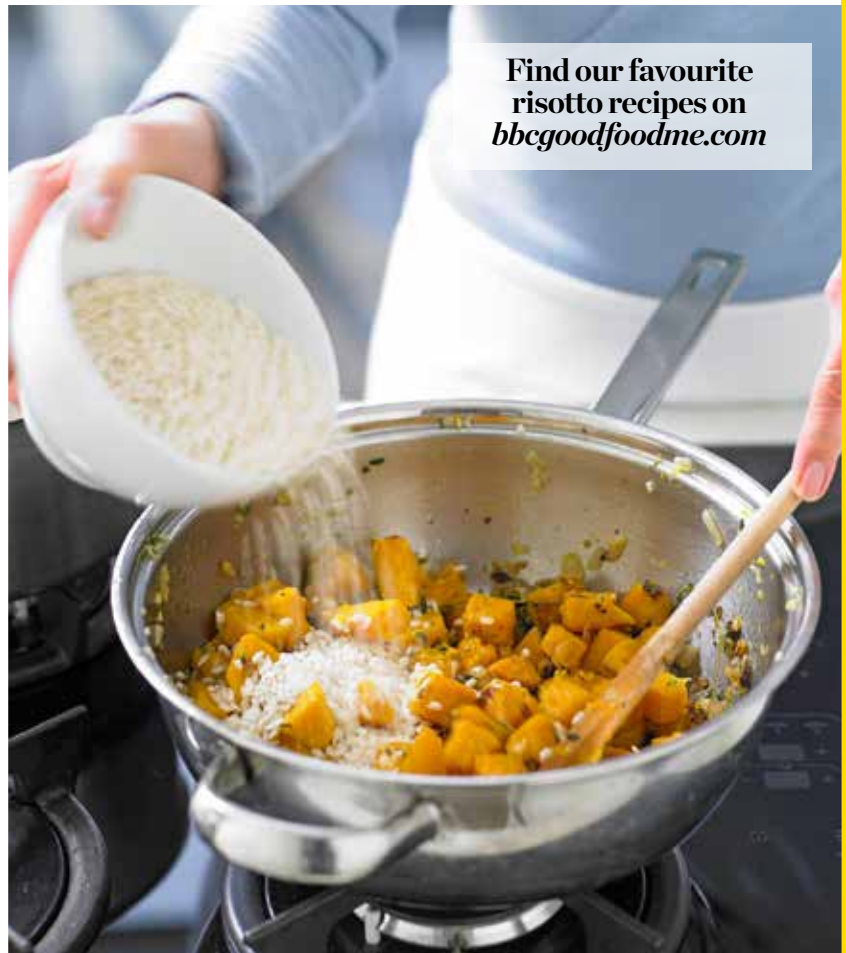
The creamy, buttery flavour of white chocolate can sometimes be overly sweet, so adding olives to the mix helps to cut through the richness. Fat green olives (like nocerella) have buttery notes as well as a natural saltiness – try serving them together on a sharing board as an unusual pairing, or add slivers of olive to white chocolate bark.



WHITE CHOCOLATE



GREEN OLIVES



Find our favourite risotto recipes on bbcgoodfoodme.com

STEPS TO SUCCESS RISOTTO

Select the correct rice

It's important to use Italian short-grain rice in a risotto. It's high in starch and holds up well to the length of cooking without breaking down. This rice also gives a lovely, creamy texture to the finished dish. Carnaroli and arborio are the most common varieties used.

Toast it

After you've softened the onions in oil, add the rice and allow it to toast gently for a few minutes before adding non-alcoholic wine or stock. You don't want anything to brown, only to heat the rice through, ready for the liquid.

Take stock

Wait until the first ladleful of stock has been completely absorbed by the rice before adding more, and stir it frequently (but not constantly) to release the starch and create a

beautiful, creamy texture. It's also important to ensure the stock is hot and you use the best possible stock you can – if you're able to make it from scratch, that's an extra boost for the flavour.

Dairy richness

In its simplest form, risotto is quite a plain dish – the seasoning and flavourings are what help it to sing. The most common ingredients used for this are parmesan and butter, and plenty of it. Keep the butter cold and beat them both in at the end vigorously to thicken the sauce.

Serve al dente

When the risotto is ready, the rice should be just al dente, meaning it should have a slight bite to it. The finished risotto should be glossy and creamy, but it shouldn't be too stodgy or soupy. It should ooze gently across the plate.

WE ARE BBC goodfood

Each month, we introduce you to the experts who create content for your favourite food brand



AINSLEY HARRIOTT

While Ainsley is probably best known for hosting BBC's *Ready Steady Cook*, he's been the face of many cooking series, is a best-selling author and has his own line of food products, too.

He has a passion for making fresh, fun, accessible recipes. His latest book, *Ainsley's Good Mood Food* (Ebury Press), is out now.



COYA Dubai



COYA Abu Dhabi



COYA Doha

Celebrating 10 years of COYA

The immersive lifestyle brand marks this significant milestone with year-round activations across its global establishments

An award-winning luxury lifestyle group that commenced in 2012 with its flagship Mayfair location, COYA delivers a memorable Latin American experience across its nine global locations in Abu Dhabi, Doha, Dubai, London, Monaco, Mykonos, Paris and Riyadh. Born from the spirit of adventure, COYA takes guests on a sensory journey by merging innovative Peruvian cuisine and concoctions with music, events and art – providing a 360-degree, fully immersive lifestyle experience.

The year 2022 marks the brand's 10th anniversary and looking back at the last decade, the Middle East has seen COYA gain a reputation synonymous with that being an unmissable destination for connoisseurs of all things fine and flawless.

Not one to rest on its numerous laurels, the brand has been blazing a trail with ambitious plans and other adventurous concepts in the region. The summer of 2022 showcased the highly anticipated refurbishment of COYA Dubai, boasting an open-plan restaurant and bar which maintains the same upbeat feel as its global venues. This outpost is also home to a new nightlife concept, chanca by COYA, which will expand to international destinations. The luxury club and ultra-lounge features an atmosphere of chic sophistication

amidst captivating Peruvian-inspired interiors, indulgent bites, crafted concoctions, and memorable nocturnal parties. The year 2022 has also been a noteworthy celebration for the brand, with COYA Abu Dhabi ranked as 34th Best Restaurant in the region on the Middle East & North Africa's 50 Best Restaurants list 2022 and COYA Dubai included in the Middle East & North Africa's 50 Best Restaurants guide.

In celebration of 10 years of success, COYA revealed a line-up of numerous global events and activations that further accentuate the brand's design, music and art-focused DNA. The revelries began with COYA Ritual, a music festival on the iconic Palm Jumeirah by COYA MUSIC. This independent label, a collaborative project between the resident DJs boasting booked gigs at leading destinations in Dubai, Miami and Toronto, honoured its passion for beats with the release of a limited-edition vinyl featuring 10 atmospheric tracks to commemorate the milestone.

COYA also marked its 10th anniversary with a creative Pisco Jar Art activation comprising of decorative glass jars that store the traditional Peruvian national beverage; with each COYA now proudly displaying 10 unique jars for guests to admire. A notable mention is the special launch of a Macerado bottle at COYA's Pisco bar as part of the celebrations. Furthermore, the immersive 360-degree lifestyle brand has revealed a unique collection of NFT artworks, uniting digital artists on a global scale who have designed and created NFTs that represent each vibrant venue.

The 10th-anniversary celebrations will continue with an outstanding event taking place at various COYA venues worldwide, on November 12th and 13th. Expect 10 specials for the night, inclusive of beverages and spectacular entertainment.

That's not all! With a mission to bring COYA to the world, fans of the brand can expect its global expansion to destinations including Istanbul, Spain and Oman in 2023, followed by Athens in 2024, alongside opportunities across Europe and the United States.

easy

Delicious, simple,
and easy-to-
make recipes



midweek meals
■ one-pan winners, page 22



veg box star
■ celery, page 32



1 ingredient – 3 ways
■ perfect paneer, page 28



festive baking
■ get ahead for Christmas, page 34

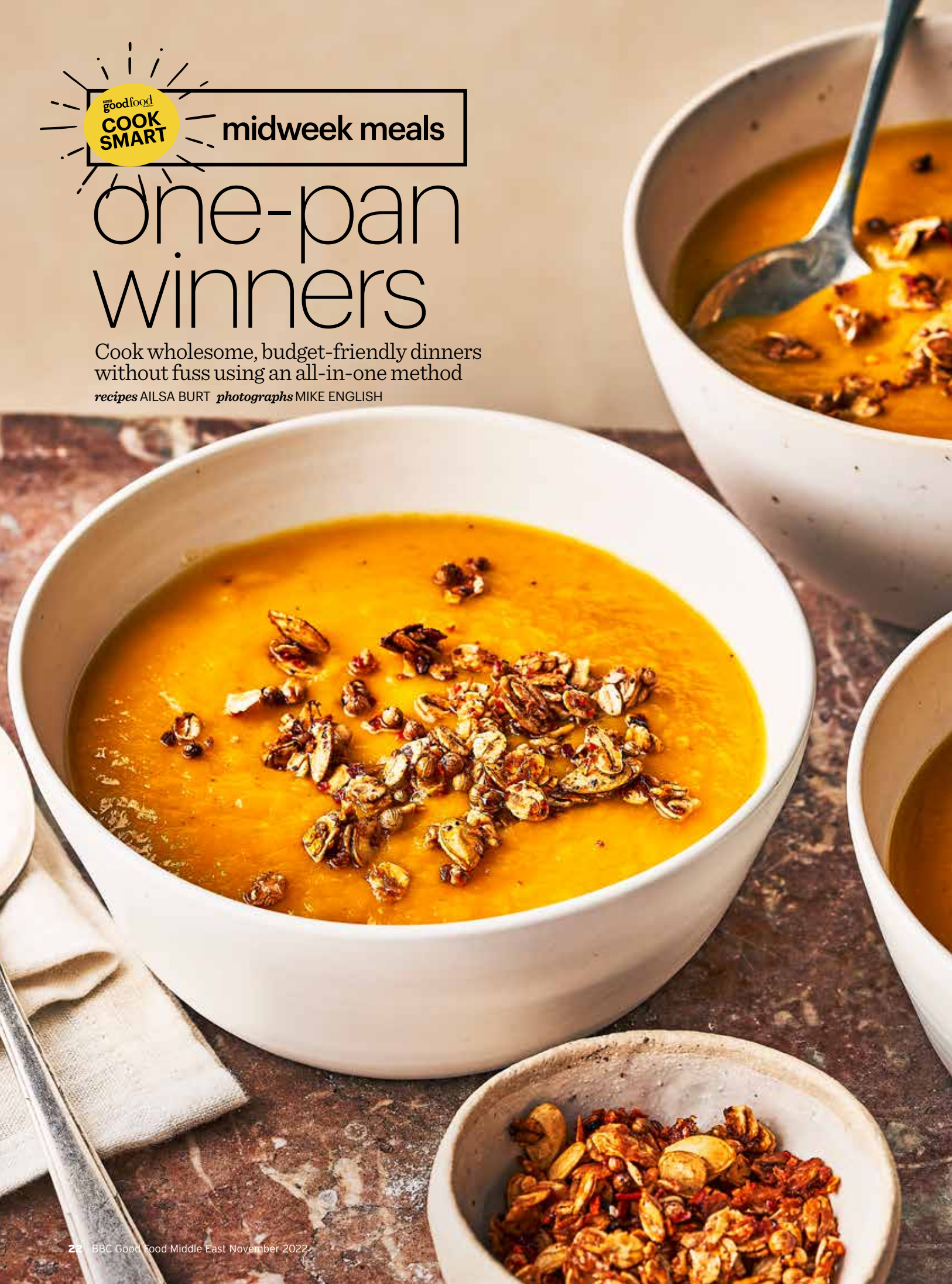


midweek meals

one-pan winners

Cook wholesome, budget-friendly dinners without fuss using an all-in-one method

recipes AILSA BURT *photographs* MIKE ENGLISH





your shopping list

FRUIT, VEG & HERBS

1.5kg pumpkin
2½ onions
2 celery sticks
2 carrots
9 garlic cloves
300g potatoes, such as Maris Piper
200g long-stem broccoli
100g chestnut mushrooms
100g baby button mushrooms
1 shallot
small handful of parsley

small handful of coriander
1 sage sprig
1 small fennel bulb
200g butternut squash

STORECUPBOARD

9 tbsp olive oil
50g jumbo oats
2 tsp coriander seeds
1½ tsp chilli flakes
1 tsp tamari
1 tsp maple syrup
1.4 litres vegetable stock

50g fresh white breadcrumbs
3 anchovy fillets in oil
1 tsp dried mixed herbs
1-2 tsp chipotle paste
2 x 400g cans chopped tomatoes
1 tsp garlic granules
75g lasagne sheets
8 medium wholemeal tortillas
½ x can cannellini beans
200g tagliatelle

DAIRY & CHILLED

1 egg
65g cheddar
10g parmesan
25g ricotta

MEAT & FISH

300g white fish fillets, skinless and boneless
2 chicken breasts

FROZEN

200g frozen sweetcorn

HEALTHY

Pumpkin soup with savoury granola

SERVES 4 **PREP** 20 mins
COOK 50 mins **EASY** **V**

1 pumpkin (around 1.5kg), peeled and chopped, seeds reserved
50g jumbo oats
2 tsp coriander seeds
1½ tsp chilli flakes
1 tsp tamari
1 tsp maple syrup
2 tbsp olive oil
1 onion, chopped
2 celery sticks, chopped
2 carrots, chopped
3 garlic cloves, sliced
1 litre vegetable stock

1 Put the pumpkin seeds in a sieve and rinse to remove any pulp. Spread out on a plate and pat dry. Toast 50g of the seeds in a pan over a medium heat along with the oats and 1 tsp each of the coriander seeds and chilli flakes for a few minutes until fragrant. Stir in the tamari and maple syrup. Simmer for 30 seconds until reduced and sticky. Transfer to a plate.

2 Heat the oil in the pan over a medium heat and cook the onion, celery, carrots, garlic and pumpkin, along with the remaining spices and some seasoning for 10 mins. Pour in the stock. Bring to a simmer and cook with the lid on for 20-25 mins.

3 Blitz until smooth using a hand blender. Serve with the savoury granola sprinkled on top.

GOOD TO KNOW vegan • healthy • low fat • low cal • fibre • vit c • 2 of 5-a-day

PER SERVING 276 kcal • fat 14g • saturates 2g • carbs 24g • sugars 11g • fibre 10g • protein 9g • salt 0.9g

HEALTHY

Mushroom carbonara

SERVES 1 **PREP** 10 mins
COOK 20 mins **EASY** **V**

100g chestnut mushrooms, quartered
100g baby button mushrooms
1 tbsp olive oil
2 garlic cloves, finely chopped
1 shallot, finely chopped
1 egg
10g parmesan or vegetarian alternative, finely grated
small handful of parsley, finely chopped
75g lasagne sheets, roughly broken

1 Cook the mushrooms in a large non-stick pan over a medium-high heat, shuffling the pan occasionally until deeply browned. Transfer to a plate. Drizzle the oil into the pan and cook the garlic and shallots for a few minutes until softened.

2 Put the egg, parmesan and parsley in a bowl and whisk with a fork to combine. Put the pasta and 400ml boiling water into the pan with the shallots and simmer for 8-10 mins until reduced and the pasta is cooked. Remove from the heat and stir in the egg mix and mushrooms. Leave to stand for 1 min before stirring again, then season to taste. Add a little more water if the pasta looks too dry. Sprinkle over extra parmesan and grind over some black pepper, if you like.

GOOD TO KNOW healthy • folate • fibre • vit c • iron • 2 of 5-a-day

PER SERVING 673 kcal • fat 21g • saturates 5g • carbs 86g • sugars 13g • fibre 11g • protein 29g • salt 0.4g

HEALTHY

Butternut squash & white bean tagliatelle

SERVES 2 **PREP** 20 mins
COOK 20 mins **EASY** **V**

2 tbsp olive oil
1 sage sprig, leaves picked
2 garlic cloves, crushed
½ onion, finely chopped
1 small fennel bulb, finely sliced
200g butternut squash, diced
½ x 400g can cannellini beans, drained and rinsed
400ml vegetable stock
200g tagliatelle
25g ricotta

1 Heat the oil in a large, non-stick frying pan over a medium heat. Add the sage and fry for a couple of minutes until crisp. Remove to a plate and set aside. Add the garlic, onion and fennel, and cook gently for 5 mins until lightly softened. Tip in the squash and beans, then pour in the stock. Bring to a simmer and cook for 7-8 mins, then lightly mash the beans and squash using a fork, keeping the mixture quite chunky. Season well.

2 Add the tagliatelle along with 750ml boiling water from the kettle and cook for a further 8-10 mins until most of the liquid is absorbed. Stir through the ricotta. Season to taste. Serve straightaway with the fried sage leaves scattered over.

GOOD TO KNOW healthy • fibre • vit c • 3 of 5-a-day

PER SERVING 555 kcal • fat 16g • saturates 3g • carbs 76g • sugars 11g • fibre 13g • protein 20g • salt 0.7g





One-pan fish & chips

SERVES 2 **PREP** 10 mins

COOK 45 mins **EASY**

50g fresh white breadcrumbs
3 tbsp olive oil
300g potatoes (such as Maris Piper),
cut into wedges
3 anchovy fillets in oil from a jar,
drained and finely chopped
1 tsp dried mixed herbs
1 tsp garlic granules
200g long-stem broccoli

300g white fish fillets, skinless
and boneless

tartare sauce, to serve
(optional)

1 Heat the oven to 200C/180C fan/
gas 6 with a large roasting tin filled
with the breadcrumbs inside. When
golden (about 5 mins), tip into a bowl
and set aside. Drizzle 2 tbsp of the oil
into the tin, add the potatoes, season
and toss to coat. Spread them out in
an even layer and roast for 25 mins.

2 Meanwhile, mix the breadcrumbs
with the anchovies, herbs and garlic

granules. Toss the broccoli with
the remaining oil and season.

3 Once the potatoes have had
25 mins, scatter over the broccoli.
Cook for a further 5 mins, then
nestle in the fish. Top with the
breadcrumbs. Return to the oven for
8-10 mins until the fish is cooked
through and golden. Serve with
tartare sauce, if you like.

GOOD TO KNOW low cal • fibre • vit c • 1 of 5-a-day
PER SERVING 480 kcs • fat 19g • saturates 3g •
carbs 39g • sugars 4g • fibre 7g • protein 35g •
salt 1.2g

Chicken tinga-style enchiladas

SERVES 4 **PREP** 15 mins

COOK 45 mins **EASY**

1 tbsp olive oil
 1 onion, finely sliced
 2 garlic cloves, crushed
 small handful of coriander, leaves picked and stems finely chopped
 1-2 tsp chipotle paste
 2 x 400g cans chopped tomatoes
 2 chicken breasts
 200g frozen sweetcorn
 8 medium wholemeal tortillas
 65g cheddar, grated
 guacamole, salsa and pickled jalapeños, to serve

1 Heat the oven to 180C/160C fan/gas 4. Heat the oil in a large, non-stick, ovenproof frying pan over a medium-high heat and fry the onion, garlic and coriander stems with a pinch of salt for a few minutes until softened slightly. Add the chipotle paste, tomatoes and 200ml water. Lay in the chicken and turn up the heat. Cook for 15 mins until reduced and the chicken is cooked through. Remove the chicken and put on a chopping board. Set a third of the sauce aside in a bowl. Using two forks, shred the chicken, then return to the pan. Tip in the sweetcorn and season, adding more chipotle, if you like.

2 Lay the tortillas out on a clean work surface and divide the mixture between them. Roll up and place back into the pan or a baking dish if your pan isn't ovenproof. Spread over the reserved sauce, sprinkle with the cheese and bake for 15-20 mins until golden. Serve with the coriander leaves sprinkled over and guacamole, salsa and pickled jalapeños, if you like.

GOOD TO KNOW low cal • fibre • vit c • 2 of 5-a-day
PER SERVING 469 kcals • fat 17g • saturates 6g •
 carbs 43g • sugars 12g • fibre 7g • protein 32g • salt 1.2g



1 INGREDIENT - 3 WAYS

PERFECT PANEER

This Indian curd cheese is delicious when paired with strong flavours, and incredibly versatile, too, as **Chetna Makan** proves with these inspiring dishes

photographs JONATHAN GREGSON

Paneer, an Indian cheese, is made with milk that requires no ageing or culturing. It is used a lot in Indian cooking — I try to have a couple of blocks of paneer in the fridge at all times. It's so simple to prepare a snack or meal in minutes with this wonderful ingredient, which is one of the reasons I love it. As paneer has no real

flavour and no salt, it acts as a sponge to soak up spices or any other flavours we want to add. Paneer is great in pakoras, sandwiches, curries, rice, flatbreads and even sweets. It's super-simple to make at home, but if you don't want to go down that route, then it's easily available in all supermarkets, too.



Chetna Makan is a food writer and cookbook author who has just released her sixth book, *Chetna's Easy Baking: with a twist of spice* (Hamlyn). @chetnamakan

Paneer & cheddar sandwich



Paneer chutney pakora

Paneer & cheddar sandwich

If you're a fan of a cheese sandwich, then this is one you must try. The caramelised onion, mustard and cumin seeds add a layer of flavour to the otherwise humble cheese sandwich. Paneer soaks up all the flavours, and cheddar lends to the cheesiness. I grew up eating a version of this sandwich, made by my mum, and now it is my kids' favourite, too.

SERVES 4 PREP 15 mins
COOK 15 mins EASY V

1 tbsp sunflower oil
1 tsp mustard seeds
½ tsp cumin seeds
1 green chilli, finely chopped
1 medium onion, finely chopped
handful of chives, finely sliced
40g cheddar, grated
225g paneer, grated
salted butter, for spreading and frying
8 slices of white bread
mango chutney, to serve (optional)

1 Heat the oil in a pan and add the mustard and cumin seeds. When they start to pop, add the chilli and onion, and cook over medium heat for 10-12 mins until the onions begin to caramelise.

2 Transfer the cooked chilli and onion to a large bowl, add the chives and both cheeses, then mix well. Season with ½ tsp salt and a pinch of black pepper.

3 To cook the sandwiches, you can use either a toastie maker or frying pan. Butter a slice of bread and spread with some of the paneer filling, then top with another slice and press gently.

4 Heat 1 tsp butter in a pan and cook the sandwich over medium heat for 2-3 mins until golden, before flipping it over to cook the other side (add another 1 tsp of butter to the pan if needed). Serve the sandwich straightaway.

GOOD TO KNOW calcium
PER SERVING 466 kcals • fat 30g • saturates 17g •
carbs 25g • sugars 4g • fibre 2g • protein 22g •
salt 1.5g

Paneer chutney pakora

Most Indians I know prepare pakora without battering an eyelid. It is a popular snack at any time of the day, preferably with a nice cup of tea. Here, I've sandwiched the paneer with refreshing coriander chutney to add extra flavour. Once fried, it is crispy on the outside and super-soft in the middle.

SERVES 4 as a starter PREP 25 mins
COOK 15 mins EASY V

For the chutney
100g coriander
100g mint leaves
2 green chillies
1 lime, juiced

For the batter
100g gram (chickpea) flour
½ tsp chilli powder (ensure gluten-free, if necessary)
½ tsp ground turmeric
sunflower oil, for deep-frying
400g paneer

1 Blend the chutney ingredients with 1 tsp salt and ½ tsp sugar. Add 1-2 tbsp water if necessary – the chutney should be a smooth paste.

2 In a large bowl, mix the flour, chilli powder and turmeric with ½ tsp salt, and slowly pour in 110ml water. Whisk until you have a smooth consistency, like pancake batter.

3 Fill a deep pan halfway up with oil and heat to 170C, or until a drop of batter sizzles.

4 Cut the block of paneer in half horizontally, then cut the halves into fingers, roughly 1cm wide. Spread a paneer finger with some of the chutney, then place another finger on top to make a 'sandwich'. Repeat until all of the paneer is used. Set aside any leftover chutney.

5 Carefully dip each 'sandwich' into the gram flour batter until covered, then fry in the hot oil for 2-4 mins until deep golden. Serve the pakoras with the leftover chutney.

GOOD TO KNOW calcium • folate • vit c • gluten free
PER SERVING 531 kcals • fat 36g • saturates 17g •
carbs 17g • sugars 2g • fibre 3g • protein 33g • salt 2g

Paneer & chickpea pulao

Pulao is a quick meal, and you can add any vegetables you like to it. This simple rice dish is a staple in our house, and I make it extra-special by adding paneer and chickpeas. Serve with some yogurt or mango pickle and your midweek meals will never be boring again.

SERVES 6 PREP 15 mins
COOK 40 mins EASY V

2 tbsp sunflower oil
1 tsp cumin seeds
1 tsp mustard seeds
8 curry leaves (optional)
2 green chillies, finely chopped
2 medium onions, thinly sliced
5 garlic cloves, finely chopped
2 tomatoes, roughly chopped
1 tsp chilli powder (ensure gluten-free, if necessary)
1 tsp garam masala
1 tsp ground cumin
400g can chickpeas, drained and rinsed
225g paneer, cut into small rectangles
300g basmati rice
10g coriander leaves, finely chopped
yogurt (to serve)

1 Heat the oil in a pan that has a lid. Add the cumin and mustard seeds and let them sizzle until fragrant. Then add the curry leaves, chillies and onions and cook on medium heat for 5-8 mins until softened. Add the garlic and cook for another minute before tipping in the tomatoes. Cook for 5 mins more until the tomatoes begin to soften.

2 Add the spices and 1½ tsp salt and cook for 1 min. Mix in the chickpeas and paneer, followed by the rice, then pour in 700ml boiling water from the kettle. Bring the mixture to a boil, covering the pan with the lid.

3 Cook on a low heat for 12 mins then, before removing the lid, allow to rest for 10 mins. Serve with a sprinkling of the coriander and a dollop of yogurt.

GOOD TO KNOW calcium • 2 of 5-a-day • gluten-free
PER SERVING 414 kcals • fat 16g • saturates 7g •
carbs 48g • sugars 4g • fibre 5g • protein 18g •
salt 1.3g



November's veg box star

CELERY

This versatile vegetable is more than just a base for sauces and soups

recipe SAMUEL GOLDSMITH photograph KAREN THOMAS



Celery parmigiana

SERVES 4-6 **PREP** 20 mins

COOK 50 mins **EASY** **V**

2 heads of celery (about 700g),
trimmed
1 tbsp olive oil
1 red onion, chopped
3 garlic cloves, chopped
2 thyme sprigs
2 x 400g cans chopped tomatoes
1 tbsp tomato purée
2 tbsp red wine vinegar
2 tsp sugar
250g mozzarella or vegetarian
alternative, torn or chopped
into small pieces

70g dried breadcrumbs
60g parmesan or vegetarian
alternative, grated

1 Snap off the thick end of the celery sticks and pull off any stringy bits. Cut them so they fit into the base of a 30 x 20cm ovenproof dish. Bring a large pan of salted water to the boil. Cook the celery for 6-8 mins until just tender. Drain, then set aside.
2 Heat the oil in the same pan over a medium-low heat. Cook the onion for 8-10 mins until soft. Stir in the garlic and thyme. Cook for 1-2 mins until the garlic is soft but not brown.
3 Turn the heat up to medium and add the tomatoes, tomato purée,

vinegar and sugar. Season, then cook for 10-15 mins until the sauce has thickened slightly.

4 Meanwhile, heat the oven to 200C/180C fan/gas 6. Arrange the celery in a single layer in the dish. Dot over a quarter of the mozzarella. Combine the breadcrumbs and parmesan in a small bowl. Set aside.
5 Pour the sauce over the celery. Top with the rest of the mozzarella pieces. Scatter over the breadcrumb mixture and bake for 20-25 mins until piping hot and golden on top.

GOOD TO KNOW calcium • 3 of 5-a-day
PER SERVING (6) 264 kcal • fat 14g • saturates 8g •
carbs 18g • sugars 9g • fibre 3g • protein 15g • salt 0.8g

MORE WAYS WITH CELERY

Ideas from the Good Food team

Celery soup Heat **2 tbsp olive oil** in a large pan over a medium heat. Stir in **300g celery**, sliced, **1 garlic clove** and **200g potatoes**, cut into chunks, to coat in the oil. Add a splash of water and pinch of salt. Cook, stirring, for 15 mins, adding more water if the veg sticks. Pour in **500ml veg stock**. Bring to the boil, then simmer for 20 mins until the veg is soft. Blend until smooth with a hand blender. Pour in **100ml milk**. Blitz again. Season. Serve with **crusty bread**.

Fennel & celery salad

Finely slice **1 large** or **2 small fennel bulbs** lengthways (a mandoline works well). Cut **6 celery sticks** into thin matchsticks. Scatter the fennel and celery over a large plate or platter, drizzle with **3-4 tbsp extra virgin olive oil** and **2 tbsp lemon juice**, then season. Scatter over any fennel fronds and celery leaves, if you have them.

Roast chicken with braised celery hearts Heat the oven to 200C/180C fan/gas 6. Melt **1 tbsp butter** in a large flameproof casserole. Fry **4 celery hearts**, halved lengthways, and **3 chopped carrots** over a medium heat for 4-5 mins. Add **4 bay leaves**, a few **thyme sprigs** and **6 garlic cloves**, then **600ml chicken stock**. Bring to a simmer, then turn off the heat. Nestle a **1.5kg chicken** into the veg. Season. Roast for 1 hr 40 mins until golden. Rest on a board for 20 mins. Scatter the celery with **chopped parsley**. Carve the chicken and serve with the celery.



...and from our readers

*I make a delicious, fragrant Persian lamb and celery stew, and serve it with basmati rice. **Punteha van Terheyden, Leicestershire***

*I make my low-carb beef chilli with lots of celery, onions, diced carrots and green peppers instead of kidney beans (and lots of chilli!). To me, it tastes so much lighter, with brighter flavours. **Sarah Garstang, Sheffield***

*I enjoy Waldorf salad: celery, apple and walnuts with mayo dressing. Or, a celeriac remoulade with an apple and lemon mayo dressing, which I serve with smoked salmon. **Angela Tschohl Gibson, New Zealand***

easy



FESTIVE BAKING

Get ahead for Christmas

It might seem a long way off, but it's the best time to get ahead on festive baking – start now and give your cake time to mature before the holidays

Make & mature Christmas cake

CUTS INTO 12-15 slices **PREP** 25 mins
plus cooling **COOK** 2 hrs 10 mins
EASY  

1kg mixed dried fruit (use a mixture of raisins, sultanas, currants, cherries, cranberries, prunes or figs)
1 orange, zested and juiced
1 lemon, zested and juiced
150ml brandy, sherry, whisky or rum, plus extra for feeding
250g butter, softened
200g light brown soft sugar
175g plain flour
100g ground almonds
½ tsp baking powder
2 tsp mixed spice
1 tsp ground cinnamon
¼ tsp ground cloves
100g flaked almonds
4 eggs
1 tsp vanilla extract

1 Put the mixed dried fruit, the zest and juice of both citrus fruits, the alcohol, butter and brown sugar in a large pan set over a medium heat. Bring to the boil, then reduce the heat to a simmer and cook for 5 mins. Tip the mixture into a large bowl and leave to cool for 30 mins.
2 Heat the oven to 150C/130C fan/gas 2. Line a deep 20cm cake tin

with a double layer of baking parchment, then wrap a double layer of newspaper around the outside and tie with kitchen string to secure. Tip the plain flour, ground almonds, baking powder, mixed spice, cinnamon, cloves, flaked almonds, eggs and vanilla into the fruit mixture and stir well until no pockets of flour remain. Tip the mixture into the prepared tin, level the top with a spatula and bake in the centre of the oven for 2 hrs.

3 Remove the cake from the oven, poke holes all over the top with a skewer, and spoon over 2 tbsp of your chosen alcohol. Leave the cake to cool completely in the tin. *To store for Christmas, peel off the baking parchment, then wrap well in a layer of fresh baking parchment, then a layer of foil. Keep in an airtight container for up to three months and feed the cake with 1-2 tbsp alcohol every fortnight until you're ready to ice it. Don't feed the cake for the final week to give the surface a chance to dry before icing and decorating.*

PER SERVING (12) 678 kJ • fat 29g • saturates 12g • carbs 88g • sugars 79g • fibre 3g • protein 9g • salt 0.6g

Photographer DAVID MUNN | Food stylist CASSIE BEST AND SARA BUENFIELD | Stylist TONY HUTCHINSON

TIPS & TRICKS

1 HOW LONG DOES A CHRISTMAS CAKE LAST?

Christmas cakes kept in a tin can be made up to three months in advance, depending on the recipe you use. Or, you can make it many months ahead, freeze it and defrost it when you are ready to 'feed' or ice it. You may also choose to make your cake on Stir-up Sunday – the last Sunday before Advent.

2 COOKING YOUR CAKE

If you notice your cake is going dark in the oven too early and you're worried about it burning on top, then cover the surface with baking parchment.

3 BAKE AN EXTRA AS A GIFT

Make use of your oven while it's on by baking two cakes at the same time, and give one away.

4 FEEDING YOUR CAKE

'Feed' your cake every fortnight for up to two months, traditionally with brandy, whisky, dark sherry or rum. Don't feed the cake for the final week to allow the surface time to dry before icing.

5 CAN YOU SOAK THE CAKE WITHOUT ALCOHOL?

Yes – you can use tea, fruit juice or a flavoured syrup instead, but it won't have the same effect as alcohol. Don't overdo it, or your cake will be soggy.

6 WHAT SPICES DO YOU PUT IN A CHRISTMAS CAKE?

Christmas cakes generally include mixed spice and a blend of allspice, cinnamon and cloves. These are warming, aromatic spices that go well with the fruit, but shouldn't overpower the flavour.

7 DECORATE IN STYLE

Head to [bbcgoodfoodme.com](https://www.bbcgoodfood.com) for lots of inspiration on how to finish your cake, from child-friendly designs like snowmen, to cakes with a more grown-up look, featuring sparkling stars.



reduce waste

love your leftovers

Use these handy recipes to make the most of any surplus ingredients from our midweek meals

Pumpkin seed & coconut granola

Leftover **pumpkin seeds** from the soup can be tossed with **jumbo oats**, **shredded coconut**, a glug of **maple syrup**, any **leftover nuts and seeds** and a drizzle of **oil**. Heat the oven to 150C/130C fan/gas 2, spread the mix out on a baking sheet and bake for 20-25 mins until golden. Leave to cool and store in an airtight container. *Will keep for up to a month.* Serve with **yogurt**, **bananas** and more syrup.

Easy caesar dressing

Any leftover **anchovies** can be finely chopped to form a paste. Mix with **2 tbsp Dijon mustard**, **2 tbsp mayonnaise**, **1 tbsp lemon juice**, **10g finely grated parmesan**, **1 small grated garlic clove** and a **generous drizzle of veg oil**.

Chipotle butter

To use up leftover **chipotle paste** after making the enchiladas, beat 2-3 tsp with **100g softened butter**, a squeeze of **lime juice** and plenty of seasoning. Use this to baste roast chicken or add to sandwiches.

Cannellini bean dip

If you have **½ a can of cannellini beans** left over, rinse and drain, then whizz in a food processor with a **glug of extra virgin olive oil**, a **small handful of leftover parsley**, **1 garlic clove**, **1 tsp of tahini** and a **squeeze of lemon juice**. Add more lemon juice or tahini to taste, and season. Serve with **crackers**.



3 ways with frozen sweetcorn



Spicy sweetcorn chowder

Sweat **1 onion** with **2 garlic cloves** and **1 red chilli**, all chopped, until softened. Add **350g sweetcorn** and **300g peeled, chopped potatoes**. Cover with **veg stock** and cook until the potatoes are tender. Blitz until smooth.



Charred corn salsa

Put **200g frozen sweetcorn** under a hot grill for 5-10 mins until it begins to blacken. Mix with **½ a red onion**, **pickled jalapeños**, and a **handful of coriander** (all chopped), juice of **1 lime** and a **squeeze of honey**. Season well.



Crab & corn pasta

Cook **200g pasta**, reserving a mug of the water. Fry **200g sweetcorn** with a **pinch of chilli flakes** and **2 chopped garlic cloves**, until softened. Add the pasta, **100g crabmeat**, a splash of pasta water, **parsley** and **grated parmesan**.

GOOD FOOD & SUSTAINABILITY At BBC Good Food, we seek realistic solutions to avoid food waste and packaging, and adhere to the three Rs: 1) Reducing food waste 2) Recycling packaging 3) Reusing food storage packaging and containers.

To find out more, go to bbcgoodfood.com/reduce-reuse-recycle. Plus, listen to the Food Programme's inspiring Food Waste Pioneers broadcast about people who tackle food waste issues on BBC Radio 4.

WEEKEND

Mouthwatering dishes to dig into with your family and friends



TOM KERRIDGE

My best braise, p54



FISH AL FRESCO, p58



SEASONAL

Usher in winter, p63



COSY WINTER COOKING, p43



NEW WAYS FOR SUNDAYS

Bring out the barbecue, p38

gf

NEW WAYS FOR SUNDAYS

BRING OUT THE BARBECUE

Light the coals and take dinner outside with this sunny menu for six, including a fresh pineapple dessert

recipes MELISSA THOMPSON photographs JONATHAN GREGSON

There's something freeing about cooking outside, being at the mercy of the fire and enjoying foods that have been licked with flame. These recipes are delicious and fun to cook, whether you're a barbecue beginner or an old hand. The marinade for my spiced yogurt chicken also works with chicken pieces, though I much prefer to use a spatchcock chicken. It becomes a spread fit for summer alongside a herby tomato salad and chargrilled cabbage, especially with bright glazed pineapple to finish.

Chargrilled butter cabbage



Melissa is one of our regular columnists as well as running recipe project Fowl Mouths, through which she innovates in the kitchen and helps drive change in the food industry. She's a vocal advocate for the promotion of black and minority ethnic people in this field, and in 2021 earned the prestigious Food Writing Award by the Guild of Food Writers. [Twitter](#) [Instagram](#) @fowlmouthsfood

Tomato, onion & parsley salad

Spiced yogurt barbecue chicken

MENU

Spiced yogurt
barbecue chicken

Tomato, onion
& parsley salad

Chargrilled butter
cabbage

Rum-glazed grilled
pineapple with lime
crème fraîche

Spiced yogurt barbecue chicken

SERVES 4-6 **PREP** 15 mins
plus at least 1 hr marinating
COOK 1 hr 30 mins **MORE EFFORT**

1 whole chicken (about 1.2kg)
160g natural yogurt
2 tsp ground cumin
1 tsp smoked paprika
1 tsp ground coriander
1 tsp ground fenugreek
2 tsp ground turmeric
1 tbsp tomato purée
3 garlic cloves, crushed
3 lemons, 1 zested and juiced,
2 cut into wedges
2 tsp honey
2 tsp cider vinegar

1 Lay the chicken breast-side down on a board and use scissors to cut down either side of the backbone to remove it (you can use this to make stock). Flip the chicken over and press down firmly on the breastbone using your palms to flatten it.

2 Mix the yogurt with the spices, tomato purée, garlic, lemon zest and juice, the honey, vinegar, 2 tsp salt and 1 tsp black pepper. Rub this all over the chicken, pushing it into any gaps and under the skin. Put the chicken in an airtight container and chill for 1-2 hrs or up to 24 hrs.

3 Arrange the coals on one side of the barbecue and light (or see tip, right, for cooking indoors). When the flames have died down and the coals are ashen, lay the chicken on the opposite side and close the lid with the vents open. Cook for 40 mins, rotating now and then using tongs but keeping the chicken breast-side up over the coals so it cooks from underneath. Close the lid for another 15 mins, checking to make sure it doesn't catch, then flip the chicken over to char, keeping a close eye on it to prevent burning. When it's just charred, flip it back over. It's ready when a thermometer inserted into the thickest part of the meat reaches 70C, or the juices from the thigh run clear. Remove the chicken from the barbecue, loosely cover with baking parchment and rest for 15 mins. Carve and serve with lemon wedges.

GOOD TO KNOW vit c • gluten free
PER SERVING 291 kcs • fat 15g • saturates 4g •
carbs 6g • sugars 5g • fibre 0.2g • protein 32g •
salt 1.9g

gf tip

ON A RAINY DAY

● If you don't have a barbecue or the weather isn't cooperating, heat the oven to 220C/200C fan/gas 6 and heat a griddle pan over a medium-high heat until smoking hot. Add 3 tbsp vegetable oil to the pan, then carefully put the marinated chicken breast-side down in the pan. Cook for 3 mins, pushing it down with a fish slice to ensure it chars evenly, then carefully flip over and repeat to char the other side. ● Transfer to a large roasting tin and roast in the oven for 25-30 mins until the juices run clear and the meat is piping hot. Rest for 20 mins, then carve

Tomato, onion & parsley salad

SERVES 4-6 **PREP** 10 mins
NO COOK EASY V

4 large or 6 small ripe tomatoes, roughly chopped
large bunch of parsley, thick stalks removed, finely chopped
1 red onion, finely sliced
1 tbsp cider vinegar
1 tbsp lemon juice
1 tbsp olive or rapeseed oil

1 Put the tomatoes, parsley and onion in a bowl and set aside.

2 In a separate bowl, mix the vinegar with the lemon juice, oil and some black pepper. Pour the dressing over the salad and mix well to combine. Season with a large pinch of salt just before serving.

GOOD TO KNOW vegan • healthy • low fat • vit c
• 1 of 5-a-day • gluten free
PER SERVING 44 kcs • fat 2g • saturates 0.3g •
carbs 4g • sugars 4g • fibre 2g • protein 1g • salt 0.02g

Chargrilled butter cabbage

SERVES 4-6 **PREP** 8 mins
COOK 30 mins **EASY V**

1 large white cabbage
100g salted butter
2 tbsp rapeseed oil
1 garlic clove, crushed
¼-1 chilli (scotch bonnet works well),
deseeded and finely chopped
2 limes, zested and juiced
½ tsp ground white pepper

1 Cut the cabbage into wedges, keeping the stalk intact so the leaves stay together during cooking. Put in a bowl of water – you want the cabbage to be immersed so some water gets trapped between the leaves, which will help cook it.

2 While the chicken is cooking on the barbecue, lay the cabbage wedges on the grill furthest away from the coals and cook for 20 mins (or see tip below for cooking indoors). Melt the butter in a small pan over a low heat. Remove from the heat, then stir in the oil, garlic, chilli, lime zest and juice, the white pepper and a pinch of salt.

3 After 20 mins, brush the spiced butter mixture over one side of each cabbage wedge. Close the lid for another 15 mins. Turn the cabbage wedges over and brush the other side with the spiced butter. Once the cabbage has started to soften, move it directly over the coals using tongs, brushing it with more of the spiced butter until it is fully soft and has char marks. Remove from the barbecue and serve straightaway.

GOOD TO KNOW folate • vit c • 1 of 5-a-day •
gluten free
PER SERVING 183 kcs • fat 18g • saturates 9g •
carbs 4g • sugars 4g • fibre 3g • protein 1g • salt 0.3g

gf tip

ON A RAINY DAY

● Heat the oven to 180C/160C fan/gas 6. Make the butter mixture as instructed in step two and set aside. ● Heat a griddle pan over a medium-high heat. Lightly brush the cabbage wedges with oil and cook for 2-3 mins on each side until charred. Put on a tray and bake until tender, about 25-30 mins. In the last 5 mins, pour over the butter, then return to the oven. Serve straightaway.

Rum-glazed grilled pineapple with lime crème fraîche

SERVES 4-6 **PREP** 10 mins

COOK 15 mins **EASY** V

100ml non-alcoholic dark rum
2 tbsp light brown soft sugar
¼ tsp ground nutmeg
¼ tsp ground allspice
¼ tsp ground cinnamon
200ml crème fraîche
2 limes, zested and juiced
1 pineapple, peeled and cut into 8 wedges
½ scotch bonnet chilli, deseeded and finely chopped (optional)

1 Heat the non-alcoholic rum in a small pan over a low heat with 50ml water and stir in the sugar until it dissolves. Turn the heat up to medium and bring to the boil. Boil for 2-3 mins until the mixture thickens slightly. Remove from the heat. Stir in the spices. Mix the crème fraîche with the lime zest and juice in a separate bowl.

2 Arrange the coals on one side of the barbecue and light (or see tip below for cooking indoors). When the flames have died down and the coals are ashen, lay the pineapple wedges over the coals. Cook for 2-3 mins until char marks appear, then turn over.

3 Brush the pineapple wedges with the rum syrup and cook for 10 mins more, moving them around the grill using tongs so they don't burn. When ready, they will be golden and soft. Remove from the barbecue, sprinkle with the chilli, if using, and serve with the lime crème fraîche.

GOOD TO KNOW vit c • 1 of 5-a-day • gluten free
PER SERVING 252 kcal • fat 14g • saturates 9g •
carbs 21g • sugars 18g • fibre 2g • protein 1g
• salt 0.03g

gf tip

ON A RAINY DAY

• Heat a griddle pan over a high heat and cook the pineapple wedges for 1-2 mins on each side until char marks appear. Turn the heat down to medium and brush with the rum syrup a few times, moving them around the pan to stop them from burning. When ready, the pineapple will be sticky and soft.



FIRE IT UP

BBQ know-how

Keep our mini-guide handy to get the best results when cooking over coals

WHAT CHARCOAL SHOULD I BUY?

- **LUMPWOOD** This is the natural stuff – it burns quickly at a high temperature, so you can get your fire started quickly. But, it will also need topping up regularly if you're cooking something for a long time. Ideally, look for sustainably produced lumpwood charcoal made from coppiced wood. This lights easily, burns better and won't taint the flavour of your food.
- **INSTANT LIGHTING** This is easy to light, but the charcoal comes in a paper bag with accelerants that can taint the flavour.
- **BRIQUETTES** A compound of coal dust, combustibles and charcoal. It burns longer than natural charcoal, but doesn't lend that smoky flavour – instead, the accelerants can taint your food.
- **WOOD CHIPS** These can be added to charcoal for flavour. Look for apple, hickory or mesquite chips designed for use in the barbecue. You can't just barbecue with any old wood – if it hasn't been produced specifically for cooking, it may have been treated with toxic chemicals.

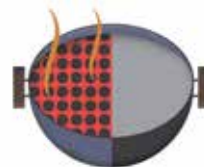
HOW DO I SET UP A BBQ?

Arrange your coals correctly to create different heat zones that give you more control when grilling

● **DIRECT HEAT** If you think of a barbecue as a hob, an even layer of coal is equivalent to cooking over a high heat. This is fine for thin cuts of meat that cook quickly (like burgers and thin-cut steaks), but will burn anything that needs more time.

● **INDIRECT HEAT** Push the coals to one side so the other side is a source of indirect heat for slow-cooking. Or, cook over the coals and keep food warm on the other side. You can also nestle an old roasting tin in a stack of coals, then cook on the grill over the tin, covered by the lid of the barbecue. The heat circulates, creating a hot-smoked or spit-roast effect for larger joints and fish fillets. Where the coals are stacked, you have direct heat for quickly browning food.

● **BOTH** Sloping the coals creates a gradient of heat, from searing hot to a gentle sizzle. This is useful when cooking for a crowd, as you can move the food around to prevent burning.



HOW DO I KNOW WHEN THE COALS ARE READY?

Undercooking or burning food is not a risk worth taking, so keep an eye on the coals

- **Black or grey with flames** The coals are not ready yet – step away, have a cold drink and relax.
- **Glowing white hot with red centres** Blow very gently on the coals to check they're glowing. This is when they're ready for cooking over direct heat.
- **Ashy white, but still very hot** The coals are ready for indirect heat or cooking directly in the coals.

WE ARE BBC goodfood

Each month, we introduce you to the experts who create content for your favourite food brand



MURSAL SAIQ

Born in Kabul, Afghanistan, Mursal and her family were forced to leave during the civil war in the 90s. They eventually settled in Hackney and took comfort in its diverse community. Mursal founded Cue Point – a British-Afghan barbecue spot in Chiswick – with chef Joshua Moroney to showcase different cultures through a variety of barbecue styles. Find out more about Mursal and Cue Point's mission on the BBC Good Food Podcast at bbcgoodfood.com/podcasts.

Easy winter cooking

Stock up the freezer with these hearty meals so you don't have to worry about dinner when life gets busy, or serve straightaway and put any leftovers on ice

recipes GOOD FOOD TEAM *photographs* YUKI SUGIURA



Pork stroganoff

Whether it's for a midweek meal or a casual dinner party main, stroganoff is a great go-to dish. Traditionally, it's made with beef, but the mushrooms, paprika and soured cream also work well with pork. We've added extra mushrooms for more flavour and texture, and Dijon mustard for some heat. For best results, we prefer to freeze it before adding the soured cream, stirring it through once it's defrosted.

SERVES 4 **PREP 15 mins**

COOK 35 mins **EASY** 🌟 📖

3 tbsp sunflower oil
500g chestnut mushrooms, sliced
400g pork fillet, cut into 1cm pieces
2 onions, sliced into half moons
1 tbsp smoked paprika
2 tsp Dijon mustard
200ml pork or chicken stock
284ml or 300ml pot soured cream
2 tbsp chopped parsley
cooked rice, potatoes or tagliatelle,
to serve

1 Heat 2 tsp of the oil in a large frying pan over a medium heat and fry half the mushrooms for a few minutes until their liquid is released and evaporates. Remove from the pan and set aside, then repeat with the remaining mushrooms and another 2 tsp oil. Set aside. In the same pan, fry the pork for 5-8 mins in 2 tsp oil until browned. Set aside.
2 Fry the onions in the remaining 1 tbsp oil over a low-medium heat until beginning to caramelise,

around 10-12 mins, then tip the mushrooms back in along with the pork. Sprinkle over the paprika and spoon in the Dijon mustard. Give everything a good mix to combine. Pour in the stock, season well with salt and pepper, then mix again. *At this point, you can remove from the heat, leave to cool, then cover and chill. Will keep chilled for three days or frozen for up to three months. When ready to serve, defrost fully before bringing to a simmer and continuing with the recipe.*

3 Stir through the soured cream. Cook for about 2 mins more to ensure the meat is piping hot, then scatter over the chopped parsley. Serve with rice, potatoes or tagliatelle, if you like.

GOOD TO KNOW 2 of 5-a-day

PER SERVING 402 kcals • fat 27g • saturates 12g •
carbs 8g • sugars 7g • fibre 3g • protein 30g • salt 0.8g



Lamb ragu with parmesan polenta

Not only is ragu a great base for chilli, it's delicious served with pasta, potatoes, or as we've done here, polenta. Cooking it low and slow for two hours means the meat is tender and the sauce beautifully thick.

SERVES 4-6 **PREP** 10 mins
COOK 2 hrs 30 mins **EASY** 🌟

1½ tbsp olive oil
500g lamb shoulder, cut into chunks
2 celery sticks, finely chopped
2 carrots, finely chopped
1 large onion, finely chopped
1 tbsp Italian seasoning or mixed herbs
3 garlic cloves, crushed or chopped
2 bay leaves
1 tbsp tomato purée
2 x 400g cans chopped tomatoes
250ml non-alcoholic red or white wine
1 litre lamb stock
For the polenta
600ml milk
150g polenta or coarse cornmeal
50g parmesan, grated, plus extra to serve
50g butter, cut into chunks

1 In a large, lidded saucepan, heat 1 tbsp of the olive oil over a medium heat and brown the lamb all over. Remove from the pan and set aside. Add the remaining oil to the pan, reduce the heat to low and tip in the celery, carrot, onion and Italian seasoning. Mix well, then put the lid on and cook for 8-10 mins, stirring occasionally until the veg is soft

but not golden. Add the garlic and bay leaves, stir, then cook for 1 min. Mix in the tomato purée and the chopped tomatoes (swill out the cans with a little water and add that as well), then the non-alcoholic wine and lamb stock. Season well with salt and black pepper. Put the lid back on, bring to a gentle simmer and cook for 1 hr. Remove the lid and simmer gently for the final hour. *At this point, you can leave to cool before chilling. Will keep chilled for three days or frozen for up to three months. Defrost fully in the fridge overnight and heat through in a pan until piping hot before serving.*

2 To make the polenta, pour the milk into a saucepan with 300ml water and bring to a simmer over a medium heat. Tip in the polenta or cornmeal with 1 tsp each salt and ground black pepper. Cook for 3-4 mins, whisking or stirring constantly until the polenta has thickened. Stir in the parmesan and butter, and mix again until the butter has melted and the polenta is smooth. Spoon onto plates or bowls, then top with the lamb ragu. Grate over extra parmesan, if you like.

GOOD TO KNOW calcium • 2 of 5-a-day
PER SERVING (6) 604 kJ • fat 32g • saturates 15g •
carbs 33g • sugars 14g • fibre 4g • protein 37g •
salt 1.4g

COOK SMART TIP

We've cooked this for two hours to ensure tender meat and depth of flavour, but you can reduce the amount of stock by half and cook for a shorter period if you prefer (20-30 mins is fine, until the sauce has thickened). You may also want to use lamb mince instead, as shoulder works better if cooked for longer.

TWIST IT

• **Lamb & mushroom spaghetti**
Stir in about 200g fried mushrooms and serve with cooked spaghetti to make a bolognese-style dish.

• **Lamb & bean chilli**
Add 1-2 tsp chilli flakes or powder, 1 tsp cumin and 2 tsp paprika with the garlic and tip in 2 x 400g cans red kidney beans 20 mins before the end of cooking to make a chilli. Serve with rice.

• **Lamb shoulder shepherd's pie**
Stir through 150g cooked chopped carrots and 100g frozen peas (or use a frozen pea and carrot mix). Spoon into an ovenproof dish and cover with 800g mashed potato and a scattering of cheddar before baking to make a shepherd's pie.





Easy venison pie

If you have dried mushrooms in your storecupboard, this would be a brilliant recipe to use them in. Soak them ahead then squeeze them out, saving their juices. Cook them with the fresh chestnut mushrooms, then add the juices to the stock.

SERVES 6 PREP 15 mins

COOK 3 hrs EASY 🌟 📖

2½ tbsp sunflower oil,
1kg diced venison
100g smoked bacon lardons,
pancetta or chopped smoked
streaky bacon
2 onions, roughly chopped
2 bay leaves
200g chestnut mushrooms,
quartered, or baby chestnut
mushrooms, halved
3 tbsp plain flour
1 tbsp ketchup
150ml non-alcoholic red wine or
dark ale (optional)
2 beef stock cubes mixed with
600ml boiling water
1 egg yolk, beaten (freeze the white
for another recipe)
375g sheet of ready-rolled
puff pastry

1 Heat the oven to 160C/140C fan/
gas 3. Heat half the oil in a large
flameproof casserole, brown the
venison well in batches for 10 mins
over a high heat, then set aside.
Scatter the bacon into the pan with
another ½ tbsp oil and sizzle for
8-10 mins until golden. Stir through
the onions and bay leaves, drizzling
with the remaining oil, and cook
over a low heat for 5 mins until
browned. Lower the heat to
medium, then add the mushrooms
and cook for a few minutes more

until softened.

2 Scatter over the flour, stirring
until the flour turns brown. Tip the
meat and any juices back into the
pan along with the ketchup and give
it all a good stir. Pour over the
non-alcoholic wine or ale, if using,
and bring to the boil. Bubble for a
few minutes, then pour over the
stock. Season and bring to
a simmer. Cover with a lid and put
in the oven for about 2 hrs until the
meat is tender. *Will keep chilled for
three days or frozen for up to three
months. Leave to cool completely
first. Defrost in a fridge overnight
before reheating thoroughly in
a microwave or pan until the
meat is piping hot.*

3 To make the pie, heat the oven to
220C/200C fan/gas 7. Tip the filling
into a 24-26cm rimmed pie dish and
brush the rim of the dish with some
of the egg yolk. Unravel the pastry,
drape it over the dish and use a knife
to trim and press against the rim.
Re-roll the trimmings to make a
decoration, if you like. *Will keep
covered and frozen for up to three
months. Defrost fully before
continuing with step three.*

4 Brush the pie with the remaining
egg yolk and season with sea salt
flakes, if you like. Make a few little
slits in the centre of the pie to allow
the steam to escape, and bake for
30-35 mins until deep golden.

GOOD TO KNOW iron • 1 of 5-a-day

PER SERVING 569 kcs • fat 28g • saturates 11g •
carbs 32g • sugars 4g • fibre 4g • protein 47g • salt 2.1g

COOK SMART

● Slow cooker

*Fry the ingredients in the slow cooker
first, then cook the filling for 10-12 hrs
on medium until the meat is tender.*

● Pressure cooker

*Save time and energy by cooking the
filling in a pressure cooker. Bring
everything together in the cooker, then
cook on medium pressure for 45-55 mins
until the meat is tender, then cook the
sauce on the hob to reduce and thicken.*



Pesto chicken lasagne

Everyone loves lasagne, and this freezer-friendly version stretches a pack of chicken thighs and some storecupboard ingredients into a big sharing pasta bake with a difference. If you're not planning to freeze it, it's also a great way to use leftover roast chicken. Simply make the tomato base, then stir through shredded roast chicken at the end.

SERVES 6 **PREP 30 mins**
COOK 1 hr 35 mins **EASY** 🌟

190g pesto
1 ball of mozzarella, drained and torn into small chunks
14-15 dried lasagne sheets
20g parmesan, finely grated
basil leaves and a green salad, to serve (optional)
For the chicken sauce
2 tbsp olive oil
6 boneless, skinless chicken thighs
1 large onion, finely chopped
4 garlic cloves, crushed
1 tsp dried mixed herbs
2 x 400g cans chopped tomatoes
1 tbsp ketchup
For the white sauce
100g butter
80g flour
800ml milk

1 To make the chicken sauce, heat the oil in a large saucepan over a medium heat and tip in the chicken.

Cook for about 5 mins on each side until golden, then lift onto a plate. Tip the onions into the pan and fry for 10 mins until golden. Add the garlic and herbs. Tip the chicken back in, along with the tomatoes and ketchup, then swirl a little water around the cans and pour this in, too. Season and bring to a simmer. Cook for 35 mins until the chicken is pull-apart tender and the sauce is thick. Use two forks to shred the chicken into the sauce. Set aside.

2 Meanwhile, make the white sauce. Put everything in a saucepan with some seasoning, then bring to a simmer, whisking continuously. Simmer for 5 mins, still whisking until smooth and thick, then remove from the heat. If not assembling the lasagne straightaway, cover and set aside to cool before chilling. *Will keep covered and chilled for two days.*

3 Spread a thin layer of the chicken sauce in an ovenproof baking dish (ours was 20 x 30cm), drizzle with

some of the white sauce and dot over a third of the pesto using a teaspoon. Scatter with a third of the mozzarella, then add a layer of four or five lasagne sheets (you may need to break one of the sheets to fill the gaps), then repeat the layers twice, finishing with a thick layer of the white sauce. Scatter the parmesan over the top. *Will keep chilled for a day or frozen for three months. Leave to cool first. Defrost in the fridge overnight before cooking.*

4 Heat the oven to 200C/180C fan/gas 6. Cook for 30-35 mins until browned and crisp around the edges. Leave to stand for 10 mins. Scatter with the basil leaves, grind over some black pepper, then cut into squares. Serve with a crisp green salad, if you like.

GOOD TO KNOW calcium • 2 of 5-a-day
PER SERVING 774 kJ • fat 47g • saturates 19g •
carbs 55g • sugars 15g • fibre 5g • protein 32g •
salt 1.6g





Make-ahead hearty hotpot

You'll be surprised how much flavour is packed into this comforting dish. It balances sweetness from the veg and honey with saltiness from soy sauce, the slight sourness of balsamic vinegar and umami notes of the mushrooms. You can easily make this a vegan centrepiece by replacing the butter with olive oil, and honey with maple syrup. Or, serve it as a side dish with sausages, adding a good dollop of mustard on the side.

SERVES 4 **PREP** 30 mins
COOK 1 hr 20 mins **EASY** **V** ❄️

2 tbsp olive oil
2 onions, chopped
2 carrots, chopped
150g chestnut mushrooms, quartered
1 tbsp tomato purée
350g mixed root veg, peeled and chopped into 2cm pieces (we used parsnip, celeriac and swede)
small bunch of thyme, leaves picked
100g pearl barley
1 vegetable stock cube
2 bay leaves
1 tbsp soy sauce
2 tsp Dijon mustard
1 tbsp balsamic vinegar
2 medium potatoes, peeled
2 beetroot, peeled
2 medium sweet potatoes, peeled
25g butter
2 tsp honey

1 Heat the oil in a wide, shallow ovenproof pan set over a medium heat. Cook the onions until starting to caramelise, about 10 mins. Tip in

the carrots and mushrooms, and cook for another 5 mins until the mushrooms have softened a little. Stir in the tomato purée.

2 Tip in the root veg, half the thyme and all the pearl barley, and stir well. Crumble in the veg stock cube and add the bay, soy sauce, mustard and vinegar. Season and pour in 600ml water. Bring to a gentle simmer, cover with a lid and cook for 10 mins.

3 Meanwhile, prepare the veg for the topping. Slice the potatoes, beetroot and sweet potatoes as thinly as you can – use a mandoline if you have one. Beetroot will stain your hands, so use kitchen gloves, if you like. Melt the butter in a pan over a low heat and mix with the honey, remaining thyme and a grind of black pepper.

4 Remove the pan from the heat. Arrange the sliced vegetables on top of the dish in concentric circles, overlapping potato, sweet potato and beetroot slices until the whole dish is covered. Brush the butter and honey mixture over the top,

making sure every slice is covered. Season well with salt. *Will keep chilled overnight or wrapped and frozen for up to three months. Leave to cool completely first. Defrost overnight before continuing with step five.*

5 Heat the oven to 180C/160C fan/gas 4. Cover the pan with a lid or piece of foil and bake for 20 mins. Uncover the dish and cook for a further 30 mins until the topping is crispy and the potatoes are golden.

GOOD TO KNOW low cal • folate • fibre • vit c •
4 of 5-a-day

PER SERVING 487 kcals • fat 13g • saturates 5g •
carbs 76g • sugars 26g • fibre 13g • protein 9g •
salt 1.5g

COOK SMART

• Any leftovers can be frozen in individual portions, if you like. Defrost thoroughly, then reheat in the microwave until piping hot, or in the oven.





TOM KERRIDGE

MY BEST BRAISE

Discover Tom's method for cooking meltingly tender beef using an energy-saving pressure cooker

photographs MIKE ENGLISH

Here's the thing about kitchen gadgets: whatever the manufacturers tell you, there is no cure-all piece of kit. Different methods of cooking and varied ingredients require different applications of heat. If you take a conventional kitchen, for example, you wouldn't try to boil water in the oven or roast a chicken in a frying pan. So, regardless of whatever crazy videos are on YouTube, slow cookers aren't very good for baking, and the best doughnuts are still deep-fried. That aside, match the right technique to the appropriate kit, and it can be

invaluable. Pressure cookers are a prime example. Can they cook fish to perfection? No. But, they will turn an inexpensive cut of meat into a restaurant-worthy dish. Pressure cookers make a usually slow-cooked ragu a quick weeknight option. Because they're energy-efficient, soups can be made in minutes; a boiled ham can be on the table in under an hour. There have been big advances in technology in recent years to make them totally safe as well. They've become popular on *The Great British Menu* and in professional kitchens. If you want to taste the proof, try my ox cheek.



A pressure cooker won't cook a piece of fish to perfection, but it will turn an inexpensive cut of meat into a restaurant-worthy dish

Tom Kerridge is a well-known face on the BBC and chef-owner of acclaimed restaurants in Marlow, London and Manchester. Hear more from Tom on his favourite seasonal ideas in the latest series of the BBC Good Food Podcast at bbcgoodfood.com/podcast. [Twitter](#) [Instagram](#) @ChefTomKerridge



Pressure cooker ox cheek & carrots

My recipe serves four, but you can make a bigger batch and freeze some for later – the timings should all stay the same.

SERVES 4 **PREP** 40 mins plus 1 hr optional marinating **COOK** 1 hr 30 mins **MORE EFFORT** * †

1kg ox cheeks, in 4 pieces (ox cheeks vary hugely in size; use 4 x 250g cheeks or 2 x 500g cheeks, cut in half)
500ml red wine
5 bay leaves
small bunch of thyme
1 small star anise
1 whole clove
2 tbsp vegetable oil
6 carrots, 2 roughly chopped, 4 left whole
1 large onion, roughly chopped
2 celery sticks, roughly chopped
2 garlic cloves, chopped
500ml beef stock
creamy mash, to serve (see my recipe, right)

1 Up to two days before you want to serve or at least 1 hr before, put the ox cheeks in a large bowl. Pour over the wine and add the herbs, the star anise, clove and a good grinding of black pepper. Cover and chill.

2 Remove the ox cheeks from the wine, reserving the wine. Pat dry

using kitchen paper and season.

Heat the oil in a pressure cooker, then brown the ox cheeks well on all sides over a medium-high heat. Remove to a plate. Add the carrots, onion, celery and garlic and cook for 10 mins until browned.

3 Return the ox cheeks to the pan and pour over the reserved wine and any herbs still in it. Bring to the boil and skim off any foam that rises to the surface, then pour in the stock. Bring everything to a simmer, cover and bring up to high pressure. Cook for 45 mins, then release the pressure. Take the lid off, add the whole carrots, cover again with the lid, bring back up to high pressure and cook for another 15 mins, or until the ox cheeks are tender and the carrots are cooked through. Once cooked, leave the beef to rest in the liquid until cool – this will deepen the flavour. *Will keep chilled for a day. Leave to cool completely first.*

4 Lift the ox cheeks and whole carrots out of the pan and into a bowl. Pass the cooking liquid through a fine sieve into a saucepan. Simmer over a medium heat for 15-20 mins, or until reduced to a rich sauce. Season and return the ox cheeks and carrots to the sauce to warm through. Serve the ox cheeks with the carrots and some mash.

GOOD TO KNOW fibre • iron • 2 of 5-a-day
PER SERVING 568 kJ • fat 23g • saturates 7g • carbs 14g • sugars 10g • fibre 7g • protein 50g • salt 0.8g

5 MORE IDEAS

• **To cook conventionally** If you don't have a pressure cooker, use a flameproof casserole and cook in the oven at 140C/120C fan/gas 1 for about 4 hrs, adding the whole carrots halfway through.

• **Slow-cook it** This sort of braise can also be made in a slow cooker – just cook on low for 12-14 hrs, or high for 6-7 hrs.

• **Short ribs** You can cook 4 meaty short ribs on the bone in exactly the same way.

• **Tom's creamy mash** Boil 900g potatoes until tender. Drain. Warm 100ml milk in a small pan over a low heat. Mash the potatoes with the hot milk, then beat in 50g butter. Season and serve.

• **Ox cheek pie** Chop or shred the cooked ox cheeks and whole carrots, then tip everything into a pie dish. Top with a sheet of puff pastry, brush with beaten egg and bake for 30-35 mins at 220C/200C fan/gas 7 until deeply golden and bubbling around the edge.





1 Mix the tempura flour and sparkling water and add the seasonings.

2 Marinate the black cod with salt and pepper, toss into the all-purpose flour, dip into the tempura batter and remove any excess.

3 Dip the battered fish into a preheated deep fryer at 200C and cook until golden. Rest on a paper towel.

4 For the buttered green peas, sauté shallots and garlic in a small frying pan, add the cooked peas and unsalted butter. Season to taste.

5 Cut the potatoes into chunky pieces, wash through cold running water and marinate with salt. Boil and cook for 5 minutes. Pat dry and deep fry into a preheated deep fryer at 200C - cook until golden. Season with cajun seasoning.

6 Plate the chunky chips into 2 opposite layers, place the battered cod on top and serve with buttered green peas and tartare sauce.

MEZZANINE BAR & KITCHEN

Mezzanine Bar & Kitchen at the iconic Souk Madinat Jumeirah Dubai offers a British gastropub experience by the stunning water canals, featuring unparalleled views of the Burj Al Arab. Set across two levels, boasting two stunning outdoor terraces, the restaurant menu comprises elevated pub nosh that also includes vegan and vegetarian options, in addition to innovative concoctions. The venue prides itself for being a family-friendly spot, with a non-smoking indoor policy.

Cod, buttered green peas and chunky hand-cut chips

SERVES 1

220g fresh black cod, skinned
50g all-purpose flour
60g lemon wedges
pinch of salt & ground pepper

BATTER

100g tempura flour
120ml sparkling water
2g turmeric powder
3 pinches of salt
1 pinch of ground pepper

FOR BUTTERED GREEN PEAS

60g green peas, cooked
5g unsalted butter
2g garlic
3g shallots

pinch of salt & ground pepper

FOR CHUNKY HAND-CUT CHIPS

300g potatoes
pinch of salt & ground pepper
5g cajun seasoning

MATCH SPECIAL!

Mezzanine Bar & Kitchen will be showing all live games on 12 screens throughout the venue! Book the 'Match Package' for AED295 and watch the game with unlimited drinks 15 minutes prior to kick off, until the final whistle - extra time included!

Visit www.mezzaninedubai.com/



FISH AL FRESCO

Cooking fish over coals is simple, but provides a sense of occasion, especially with a few inventive side dishes

recipes BARNEY DESMAZERY *photographs* MYLES NEW

There's nothing like the aroma of fish grilling outdoors to transport you back to holidays abroad or lazy lunches at beach shacks enjoying the catch of the day. Choosing whatever's fresh is also key when planning a garden barbecue. That's why the main recipe here is adaptable, depending on the

whole fish available at your local shop. And, if you're bothering to light a barbecue, you should make the most of it, so all the sides have been treated to a lick of smoke as well. Don't worry if the weather disappoints – you'll also find instructions here for cooking everything in the kitchen.



MENU

Barbecued fish with
lemon & rosemary

Roasted red pepper
& pesto dressing

Two bean & herb salad

Smoky new potatoes

Simple strawberry mousse

Barbecued fish with lemon & rosemary

It's worth investing in a fish cage if you're a seafood lover, as this makes the process a lot easier. If you don't own one, salt the fish skin heavily or cook it over slices of lemon.

SERVES 4 **PREP 5 mins**
COOK 20 mins **EASY**

2 medium sea breams or sea bass (about 600g each), or 4 mackerel, scaled and gutted (remove the fins and heads, if you prefer)
handful of rosemary sprigs
2 lemons, 1 finely sliced, 1 halved
2 tbsp olive oil, plus extra for drizzling

1 Light the barbecue – you want an even layer of ashen embers for medium heat. If you have a gas barbecue, set it to medium. Season the fish cavities with salt and pepper, then stuff with most of the rosemary sprigs and lemon slices. Brush or rub the fish skin with the olive oil and season well with sea salt flakes. If you have a fish cage, lay the fish inside with the remaining lemon slices and rosemary sprigs and place on the grill. Alternatively, scatter the lemon slices and rosemary sprigs directly over the grill and lay the fish on top (see tip below for cooking indoors).
2 Cook the fish for 8-10 mins on each side until the skin is lightly charred and blistered, and the fish is cooked through. While it is cooking, put the lemon halves cut-side down on the grill and cook until char marks appear. Serve the fish drizzled with extra oil with the charred lemons for squeezing over.

GOOD TO KNOW gluten free
PER SERVING 425 kcals • fat 27g • saturates 6g • carbs 2g • sugars 1g • fibre 1g • protein 44g • salt 0.4g

rain or shine

To cook the fish in the oven, heat to 220C/200C fan/gas 7. Lay the fish in a shallow roasting tin and bake for 20-25 mins until the skin has blistered and the fish is just cooked through. If you want to char the lemons as above, sear cut-side down in a dry frying pan over a medium-high heat.

Roasted red pepper & pesto dressing

Add texture to your meal by keeping this dressing chunky. But, if you prefer a smooth sauce, blitz everything together in a food processor.

SERVES 4 **PREP 15 mins**
COOK 5 mins **EASY** **V**

3 red peppers
1 tsp pesto (vegetarian, if necessary) or a handful of basil leaves, shredded
4 tbsp olive oil
1 tbsp red wine vinegar

1 While the coals of the barbecue are burning hot, char the peppers, turning frequently using metal tongs until blistered and evenly blackened (see tip below for charring indoors). Remove to a bowl, cover with a plate and set aside to cool completely – this will create steam, which softens the flesh and makes the skin easier to remove.
2 Gently rub the peels off the peppers and remove the seeds. Finely chop the flesh on a board, then scrape back into the bowl along with any juices. Mix in the pesto or basil, olive oil and vinegar, and season well. *Can be made up to two days ahead and chilled until needed. Remove from the fridge 1 hr before serving.* Spoon over the fish and veg.

GOOD TO KNOW healthy • vit c • 1 of 5-a-day • gluten free
PER SERVING 135 kcals • fat 12g • saturates 2g • carbs 5g • sugars 5g • fibre 3g • protein 1g • salt 0.03g

rain or shine

Roast the peppers under a hot grill, in a griddle pan or directly over the flame of a gas hob until blistered and blackened.

Two bean & herb salad

SERVES 4 **PREP 15 mins**
COOK 10 mins **EASY** **V**

1 red onion
200g green beans or runner beans (or use a mixture), trimmed or sliced
400g can cannellini beans, drained and rinsed
3 tbsp olive oil
1 tbsp lemon juice
large handful of chopped soft herbs (parsley, dill, tarragon, basil and coriander work well, or use a mixture)

1 Use metal tongs to hold the onion over hot coals or char in a hot griddle pan until just blackened all over. Leave to cool completely, then peel away the

outer blackened layer and finely chop the rest of the onion. You can also simply finely chop the onion without charring it first, if you prefer.

2 Cook the beans in a pan of boiling salted water for 4-5 mins until just cooked, with a slight snap. Drain and tip into a bowl with the onion, cannellini beans, olive oil and lemon juice. Season well, toss everything together and set aside until needed. *This can be prepared several hours ahead and chilled.* Stir in the herbs just before serving.

GOOD TO KNOW healthy • fibre • 1 of 5-a-day • gluten free
PER SERVING 169 kcals • fat 9g • saturates 1g • carbs 14g • sugars 4g • fibre 6g • protein 6g • salt 0.1g

Smoky new potatoes

Cut the potatoes in half, keep them whole, or if you want them more thoroughly coated in the paprika butter, cut into thick slices and boil for slightly less time than stated here.

SERVES 4 **PREP 5 mins**
COOK 30 mins **EASY** **V**

800g new potatoes, halved
½ tsp smoked paprika
25g butter
1 small garlic clove, crushed

1 Tip the potatoes into a large pan of salted water and bring to the boil. Simmer for 5-8 mins until just cooked through, then drain. Return to the pan.
2 While the potatoes are still steaming, toss in the paprika, butter, crushed garlic and a large pinch of salt, then serve. Or, for added smokiness, tip the potatoes onto a large piece of foil or into a flameproof pan. Scrunch the foil to create a parcel that's open at the top, then sit it on the side of the barbecue in indirect heat so the potatoes sizzle in the butter. If the barbecue has a lid, close it and cook the potatoes for 15-20 mins until starting to turn golden (this adds smoky flavour – don't worry, the potatoes will not overcook), then serve from the parcel or pan.

GOOD TO KNOW low fat • gluten free
PER SERVING 177 kcals • fat 5g • saturates 3g • carbs 27g • sugars 2g • fibre 4g • protein 4g • salt 0.1g



Simple strawberry mousse

SERVES 4 **PREP** 15 mins plus 1 hr chilling **NO COOK** **EASY** **V**

400g strawberries
100g caster sugar
300ml double cream

1 Choose four of the best-looking strawberries and set these aside to finish the mousse, then hull and roughly chop the rest. Tip these into a blender or food processor along with the sugar and blitz until smooth.

2 Whisk the cream to stiff peaks. Reserve roughly 4 tbsp of the strawberry purée in a small dish, then fold the rest through the whipped cream until it turns an even shade of pink. Divide the reserved purée between four small serving glasses or ramekins. Spoon the mousse over the top, then chill for at least 1 hr. *Will keep chilled for up to a day.* Just before serving, halve the reserved strawberries and use these to decorate the mousse.

GOOD TO KNOW folate • vit c • 1 of 5-a-day

• gluten free

PER SERVING 460 kcs • fat 41g • saturates 25g
carbs 20g • sugars 20g • fibre 4g • protein 2g
salt 0.5g



Barney is our skills & shows editor. He has worked as a chef in London, France and Australia and is a pro at adapting restaurant recipes to make at home.
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Shoot director: FREDDIE STEWART | Food stylist: LIBBY SILBERMANN | Stylist: JENNY IGGLEDEN

SEASONAL

USHER IN WINTER

This season's pumpkin, leeks and pears inspire hearty new recipes from **Samuel Goldsmith**.

photographs KAREN THOMAS

Pumpkins are at their best this time of year. They work very well in a stew and a myriad other recipes – browse our collection at bbcgoodfoodme.com. While most of us think of the carving variety, there are over 150 types of pumpkin. So, if you have the option of buying something different, give it a try. For example, the Marina di Chioggia is famed not only for its flavour, but also its striking looks.

We often think of the daffodil as the symbol of Wales, but the leek came thousands of years earlier – even Shakespeare called it an ancient tradition to wear the leek as a symbol, and Henry VIII gave

his daughter a leek to celebrate St David's Day in the 16th century. This small history lesson serves as an example of why the leek deserves to be the hero, as it is in my leek risotto. Of course it's great, too, simply slathered in butter, then served as a side dish with roast lamb on a Sunday.

We're also blessed with pears this season, and I think their delicate flavour works well in pies, or topped with a crunchy, buttery layer in a crumble. When the nights draw in, I don't think there's anything better than a warm, fruity crumble served with lashings of custard – it's comfort food at its best.



Our food copy editor **Samuel Goldsmith** has taught food and nutrition in secondary schools and has worked as a food editor for lifestyle magazines. He is also vice chair of the Guild of Food Writers. @samuelwgoldsmit



Beef & pumpkin stew



Leek risotto

Beef & pumpkin stew

For an alternative to root veg in stews, try pumpkin. Different varieties take less time to cook than others, so add the pumpkin last to prevent it breaking down too much.

SERVES 6 PREP 25 mins

COOK 2 hrs 20 mins EASY

2 tbsp vegetable oil
500g stewing beef, cut into chunks
2 onions, sliced or chopped
600g carrots, cut into chunks
1 celery stick, roughly sliced
¼ small bunch of thyme
2 bay leaves
1½ tbsp tomato purée
1½ tbsp plain flour
1 litre vegetable stock
250ml non-alcoholic ale or beer
1 medium pumpkin (about 500g), peeled, deseeded and chopped
mashed potato or crusty bread, to serve

1 Heat the oil in a large, lidded pan or flameproof casserole and fry the beef in batches for a few minutes over a medium-high heat until browned. Remove to a bowl and set aside. Fry the onion in the same pan over a medium heat for 6-8 mins, or until softened.

2 Stir in the carrots, celery, thyme and bay, and cook for a few minutes more to soften slightly. Return the beef to the pan, then mix in the tomato purée and flour.

3 Pour in the stock and ale, season well, then bring to a boil. Reduce the heat to a simmer and cook for 1 hr. Stir in the pumpkin and cook for 30 mins-1 hr until the veg and beef are tender. Serve with mash or crusty bread for mopping up the gravy.

GOOD TO KNOW healthy • low fat • fibre • 3 of 5-a-day

PER SERVING 259 kcals • fat 10g • saturates 2g •

carbs 20g • sugars 14g • fibre 8g • protein 18g • salt 0.6g

Leek risotto

Here, leeks are the star of the show, though we shouldn't forget the importance of butter and good-quality hard cheese for making a great risotto.

SERVES 4-6 PREP 20 mins

COOK 1 hr 15 mins EASY V

2 tbsp olive oil
500g leeks, 80g cut lengthways into strips, the rest finely sliced
75g butter
2 celery sticks, finely chopped
2 carrots, finely chopped
300g risotto rice (carnaroli or arborio work well)
175ml white wine
1-1.5 litres hot vegetable or chicken stock
50g grated parmesan or vegetarian alternative, plus extra to serve

1 Heat 1 tbsp of the oil in a large, lidded frying pan or heavy-based saucepan set over a medium heat. Tip in the 80g leeks and fry for 5-8 mins until golden, to create a straw-like appearance. Remove from the pan, leaving the oil behind, and set aside. (You could skip this step and simply slice all the

leeks to add in step 2, but the strips make a nice garnish to top the risotto.)

2 Drizzle the remaining oil into the pan over a low-medium heat and add 25g of the butter, stirring until the butter has melted. Tip in the celery, carrots and sliced leek. Stir well, then reduce the heat to low and put the lid on. Fry for 15-20 mins, stirring occasionally until the celery, carrots and leeks have softened. Add the rice and stir to coat in the buttery veg, then turn the heat up to medium and cook for 2 mins until the rice turns translucent. Pour in the white wine, stir and cook for a few minutes until the alcohol has evaporated. Season well.

3 Add in a ladleful of the hot stock and stir until it has been completely absorbed. Pour in another ladleful, stir again while the rice absorbs it, and repeat until all the stock has been used up and the rice is al dente – this should take about 20 mins. If you run out of stock, you can either make up a little more or use boiling water from the kettle. Remove from the heat and mix in the cheese and remaining butter. Ladle into bowls or onto plates, grate over some extra parmesan, and scatter over the fried leek strips. Serve straightaway.

GOOD TO KNOW 1 of 5-a-day

PER SERVING (6) 417 kcals • fat 18g • saturates 9g • carbs 48g • sugars 6g • fibre 5g • protein 9g • salt 1g

Pear crumble

Riper pears take less time to bake and should still hold their shape. If you like an oaty crumble, you can add a handful of porridge or rolled oats, and swapping half of the plain flour for rye flour also gives a nice nutty flavour.

SERVES 4-6 **PREP** 20 mins

COOK 40 mins **EASY** V

4 ripe pears, peeled, cored
and quartered lengthways
100g dark brown soft sugar
½ lemon, juiced

1 tsp vanilla extract

For the crumble topping

250g plain flour

150g cold butter, cut into chunks

75g dark brown soft sugar

50g chopped hazelnuts

custard, to serve

1 Heat the oven to 200C/180C fan/gas 4. Lay the pears in a medium ovenproof dish that fits them snugly. You don't want large gaps between the pears or you won't have enough topping to cover them. Scatter over the sugar and pour over the lemon juice and vanilla. Mix using your hands to coat the fruit well.

2 Tip the flour into a large bowl and rub in the butter using your fingertips until you achieve a coarse breadcrumb texture. Stir in the sugar and hazelnuts, then scatter this over the pears. Try not to pack it down too tightly, so that it remains crumbly when cooked. If you have any crumble topping left over, cook this next to the crumble in a small ovenproof dish (you can scatter it over the bowls of crumble later). Bake for 40-50 mins until golden and the pears are cooked through. Serve with custard.

PER SERVING (6) 560 kcals • fat 27g • saturates 14g • carbs 71g • sugars 39g • fibre 5g • protein 6g • salt 0.5g

gf tip

To be as energy-efficient as possible when baking or roasting, try to fill the oven. You can cook this crumble at the same time you're roasting a main course. It will cool slightly if removed from the oven, but you can leave it in the oven with the door slightly ajar and it will keep warm.



NEXT LEVEL

Crusty white loaf

photographs MYLES NEW recipe BARNEY DESMAZERY

SERVES 8 **PREP** 30 mins plus at least 2 hrs 10 mins proving and cooling
COOK 30 mins **MORE EFFORT** **V**

THE CRUNCH

It might seem odd at first, but to achieve a crunchy crust, the best way to bake bread is in a casserole – it traps the steam, which helps produce a professional result.

WHY

Most basic bread recipes are written for ease, not results. You'll probably end up with a so-so loaf that lacks the deep flavour, crisp crust and crumb structure of top-quality bread. Here, we right those wrongs. This recipe might not be the easiest dough to handle – the method is unconventional and, for maximum flavour, it will take a lot longer to prepare – but the result will be the best loaf of bread you've baked at home. It's fresher, cheaper and as good as (or better) than anything you can buy from the supermarket.

WHAT TO BUY

500g strong white bread flour, plus extra for dusting
4g fast-action dried yeast
10g fine sea salt, sea salt flakes or table salt

TIME = FLAVOUR

The longer you leave a yeasted dough to prove, the more flavour it will have and the more digestible the dough will be, which is why we've used lots of tricks to stretch out the process without over-proving the dough.

LESS YEAST

As we've slowed down the proving process (and because we don't want the bread to taste of yeast), we've lessened the amount of it in our recipe.

SLOW PROVE

The colder the dough is, the longer proving will take, creating deeper flavour. If you have time, do all the proving in the fridge.

ADAPT IT

This recipe makes a basic white bread dough, but you could knead in thyme, rosemary, chilli, olives, nuts and other grains without changing the recipe, once you've got the hang of it.

WETTER IS BETTER

Stiff, dry doughs are a lot easier to handle, but a wetter, stickier dough produces bigger air bubbles in the crumb and a more elastic bread.

SEASONING

Salt slows the gluten and yeast processes down, so by leaving it out initially, you allow the protein in the flour to form into gluten more quickly and the yeast to be fully activated.

HIGH HEAT

Because we're baking in a casserole and want a properly crisp crust, the oven temperature needs to be high.

SHAPING THE LOAF

Our loaf is round because the casserole is, but the same amount of dough can be used to make an oval loaf baked in a 900g tin – bake at 210C/190C fan/gas 6½.

HOW TO MAKE IT

1 Tip the flour into a large bowl along with the yeast. Pour over 325g room-temperature water (you'll get a more accurate amount by weighing the water, but you can also use 325ml, depending on your scales), then use your hands or a spatula to mix until a dough forms. It's important that you ensure all of the flour is mixed in, including any bits around the side of the bowl. Cover with a damp tea towel and leave to rest for 30 mins.

2 Sprinkle over the salt, then work it in by stretching the dough over the salt several times until fully incorporated. Tip out onto a lightly floured surface. Use the heel of one hand to stretch the dough while you hold it with your other hand. Then, fold the dough back onto itself, turn it 90 degrees to the left and repeat. Do this for about 5 mins, or until the dough looks shinier and immediately bounces back when rolled into a tight ball or gently poked. Roll the dough into a tight ball, cover with a damp tea towel and leave to prove at room temperature for 1 hr until doubled in size. Or, for a deeper flavour, transfer to a clean bowl, cover and leave to prove in the fridge overnight until doubled in size. Cold dough is easier to work with, so overnight is best.

3 When the dough has doubled in size and is light and pillowy, tip it out onto a work surface and knead it a few more times to knock the air out. Gather the dough into a ball and leave to rest for 5 mins. Gently form the dough ball into a tight, rounded shape on the work surface, then tip domed-side down into a proving basket or bowl lined with a clean tea towel. Leave to prove in a warm place for 40 mins-1 hr, or in the fridge for 2-3 hrs until roughly doubled in size.

4 Put a casserole along with its lid in the oven, then heat the oven to 230C/210C fan/gas 8. Once the oven is at temperature, remove the casserole. Flip the dough onto a square of baking parchment, slash it using a sharp knife and use the sides of the parchment to carefully lower the dough (still on the parchment) into the hot casserole. Cover with the lid. Bake for 25 mins. Remove the lid and bake for 5-10 mins more until it has a deeply golden, crisp crust and sounds hollow when tapped on the bottom. Cool on a wire rack for 40 mins before slicing. *Will keep in an airtight container for up to two days.*

GOOD TO KNOW vegan • low fat

PER SERVING 231 kcal • fat 1g • saturates 0.2g • carbs 47g • sugars 0.3g • fibre 2g • protein 8g • salt 1.2g



**FIFA WORLD
CUP SPECIAL**



GARDEN ON 8

Sited on the 8th floor of Media One Hotel, garden on 8 is the most laid-back venue within the premises. Offering sports, drinks and a delectable menu, guests will feel as though they are hanging out in their own backyard. Turning up in flip flops and shorts is highly encouraged, as long as you have a beverage in hand. Seating is diner-style indoors and benches outdoors – where the focus is on the match. The colder months will also see the launch of BBQ delights for anyone who enjoys grills

Let's meat flatbread

1 kg Caputo flour
400g water (room temperature)
100g milk
1 whole egg
35g fresh yeast
35g sugar
25g salt

TOPPINGS

80g store-bought marinara
50g mozzarella, shredded
50g buffalo mozzarella
40g spiced lamb meatballs
40g spinata or any cured meat
40g turkey ham

- 1** Mix together all the ingredients except milk and water and then gradually add in the liquids until it combines, to get the dough texture.
- 2** After rolling it into a ball of 220g, set aside to rise for 1 hour at room temperature.
- 3** Roll the dough out to an oval shape.
- 4** Pour over the store-bought marinara sauce. Add all the toppings.
- 5** Bake at 400C. After 3 minutes of cooking, it is ready to be served.

MATCH SPECIAL!

garden on 8 is the official FIFA World Cup fan zone, airing the games live across 15 massive screens. Expect special hops offers, table packages, and World Cup themed Bingo (Tuesday) and Quiz (Wednesday) nights throughout the season.

mediaonehotel.com/venues/garden-on-8

family

brilliant birthdays

Nothing compares to the gift of a homemade cake, and these celebration bakes will make a little one's big day even more special

recipes KATIE MARSHALL *photographs* MIKE ENGLISH





Funfetti cupcakes

SERVES 12 PREP 15 mins plus cooling
COOK 25 mins EASY V

180g unsalted butter, softened
180g caster sugar
3 eggs, beaten
180g self-raising flour
1 tsp vanilla extract
½ tsp baking powder
80g sprinkles, plus extra to decorate (ensure vegetarian, if needed)

For the buttercream

200g unsalted butter, softened
400g icing sugar, sifted
1 tsp vanilla extract

1 Line a 12-hole muffin tin with paper cases and heat the oven to 200C/180C fan/gas 6. Beat the butter and sugar together in a stand mixer, or use an electric whisk. Slowly whisk in the egg, a little at a time, along with a spoonful of the

flour and the vanilla extract. Fold in the remaining flour, the baking powder and sprinkles. Divide the batter between the cases and bake for 18-20 mins until lightly golden and a skewer inserted into their centres comes out clean. Leave to cool for 5 mins in the tin, then transfer to a wire rack to cool fully.
2 For the buttercream, beat the butter using an electric whisk or in a stand mixer until softened slightly, then beat in the icing sugar in three additions until fully incorporated. Add a splash of water to loosen, then the vanilla extract. Spread the buttercream over the cooled cupcakes or spoon into a piping bag and pipe swirls on top. Decorate with more sprinkles. *Will keep in an airtight container for three days.*

PER SERVING 534 kcal • fat 28g • saturates 17g •
carbs 66g • sugars 55g • fibre 1g • protein 4g •
salt 0.3g

Party animal cake

MAKES 16 PREP 1 hr 30 mins plus cooling and chilling
COOK 1 hr MORE EFFORT V

450g salted butter, at room temperature, plus extra for the tin
450g caster sugar
8 eggs, beaten
450g self-raising flour
1 tsp vanilla extract
300g fruit curd of your choice (we used passion fruit)

For the buttercream and decorations

450g unsalted butter, softened
900g icing sugar, sifted
80g white chocolate
3 waffle ice cream cones
multicoloured sprinkles
food colouring gels of your choice (we used ivory, gold and dark red)
100g fondant icing in your choice of colour (we used black)
edible flowers and candles (optional)

1 Heat the oven to 180C/160C fan/gas 4. Butter the base and sides of two deep 20cm cake tins, and line with a double layer of baking parchment. Beat the butter and sugar in a stand mixer or using an electric whisk until pale. Slowly add

the egg and a spoonful of the flour if it starts to split. Sift in the rest of the flour, then add the vanilla. Fold in using a large metal spoon. Divide between the tins and bake for 50-55 mins until a skewer inserted into the centres comes out clean. Cool in the tins for 15 mins, then invert on wire racks to cool fully.

2 Using a serrated knife, cut each cake in half through the equator. Level the tops. Put one cake layer on a board or stand, spread with a third of the curd, then repeat twice, sandwiching with the final cake.

3 For the buttercream, beat the butter in a stand mixer or using an electric whisk (see tip, right). Add the icing sugar in three additions and whisk until fully combined. Add 1-2 tbsp water until smooth and spreadable. Spread a thin layer of buttercream over the top and side of the cake using a palette knife. Chill for 30 mins until firm.

4 Meanwhile, melt the white chocolate in a heatproof bowl over a pan of simmering water, or in the microwave in short bursts. Cool slightly, then coat the outsides of the waffle cones in it. Pour sprinkles into a shallow plate and roll one of the cones in them to coat fully. Put all three on a tray lined with baking parchment and chill until set.



5 Use a palette knife to smooth most of the remaining buttercream over the cake. Divide the rest between small bowls and dye with the food colouring gels of your choice. Spoon into piping bags fitted with different piping nozzles. Use the fondant icing to shape the eyes, nose and mouth of the animal, and attach to the front of the cake. Pipe dots and swirls of buttercream on top to make hair. Attach the plain waffle cones to the side (pointy ends inwards) to make ears, and top with the sprinkle-coated cone for a hat. Decorate with edible flowers and candles, if you like. *Will keep chilled for up to three days.*

PER SERVING 972 kcal • fat 52g • saturates 32g •
carbs 118g • sugars 96g • fibre 1g • protein 8g • salt 1g

gf tip

Whip the butter well before mixing in the icing sugar to create a light, aerated texture.

Caterpillar cake

MAKES 10 **PREP** 40 mins plus
cooling and setting **COOK** 20 mins
MORE EFFORT **V**

3 eggs
100g caster sugar, plus 1 tbsp
80g self-raising flour
50g desiccated coconut, blitzed in
a food processor until fine
2 limes, zested
For the buttercream and decorations
350g unsalted butter, softened,
plus extra for the tin
700g icing sugar, sifted
2 limes, juiced (use the zested limes)
green food colouring gel
strawberry-flavoured laces
50g white chocolate
liquorice allsorts and laces

1 Butter a 25 x 32cm swiss roll tin and line with parchment. Whisk the eggs and sugar in a stand mixer until thick, about 5 mins. Fold in the flour, coconut and lime zest. Spread into the tin. Bake for 14-16 mins until golden. Invert onto a large sheet of parchment dusted with 1 tbsp sugar. While still warm, roll the cake up into a spiral along one of the short sides, with the parchment inside. Leave to cool fully.
2 For the buttercream, beat the butter in a stand mixer until pale, then the icing sugar in three parts, followed by the lime juice. Unroll the cooled sponge and spread with 100g of the buttercream before rolling back up. Put on a board. Divide the rest of the buttercream between two bowls. Colour one dark green and the other light. Spoon into two piping bags fitted with a multiple opening nozzle. Pipe the green buttercreams in alternating stripes along the length of the cake.
3 Lay the strawberry laces between the stripes. Melt the chocolate in a heatproof bowl set over a pan of simmering water. Spoon an 8cm circle of melted chocolate onto a sheet of parchment. Chill until set, about 10 mins. Make the face using liquorice allsorts and strawberry laces, and attach to the chocolate disc using more chocolate. Attach to one end of the cake using buttercream. Stick liquorice laces into the top and sides to make antennae and legs. *Will keep chilled for up to three days.*

PER SERVING 675 kcal • fat 34g • saturates 21g •
carbs 89g • sugars 82g • fibre 1g • protein 4g • salt 0.2g



Cloud cake

SERVES 14 **PREP** 30 mins plus cooling and chilling **COOK** 30 mins
MORE EFFORT **V**

4 ripe bananas (330g peeled weight)
250ml sunflower oil
4 eggs
400g golden caster sugar
400g self-raising flour
1 tsp baking powder
For the buttercream and decorations
300g butter, plus extra for the tin
700g icing sugar, sifted
100g soft cheese
200g canned salted caramel sauce
blue food colouring gel
large and medium white marshmallows
(ensure vegetarian if needed)

rainbow, balloon and cloud cake
toppers (optional)

1 Heat the oven to 200C/180C fan/gas 6. Butter three loose-bottomed 20cm sandwich tins and line with baking parchment. Mash the bananas. Tip into a food processor with the oil, eggs, sugar, flour and baking powder, and pulse to combine. Divide between the tins, then bake for 25-30 mins. Cool in the tins for 10 mins before turning out onto a wire rack to cool fully.

2 For the buttercream, beat the butter and sugar in a stand mixer until pale, then beat in the soft cheese. Level the tops of the cakes using a serrated knife. Put one of the cake layers on a board and spread with half the caramel, repeat with a second cake layer and

sandwich together with the final one. Use a palette knife to spread a thin layer of buttercream all over the cake. Put in the fridge to chill for 30 mins.

3 Set aside a small bowl of plain buttercream, then divide the rest between three bowls and colour them different shades of blue. Use the back of a spoon to spread the buttercreams over the cake, then use a palette knife to loosely blend together, creating a watercolour effect. Chill for 10 mins.

4 Use a cutlery knife to create clouds on the side using the plain buttercream. Twist the marshmallows into cloud-like shapes and place on top of the cake. Finish with the cake toppers, if using. *Will keep chilled for up to three days.*

PER SERVING 880 kcal • fat 44g • saturates 18g • carbs 114g • sugars 91g • fibre 2g • protein 6g • salt 1.2g





Number birthday cake

SERVES 12 **PREP** 40 mins plus cooling
COOK 40 mins **MORE EFFORT** **V**

350g unsalted butter, softened,
plus extra for the tin

350g golden caster sugar

6 eggs

350g self-raising flour

1 tsp baking powder

2 lemons, zested

50ml milk

For the buttercream and decorations

4 tbsp caster sugar

2 lemons, juiced (use the zested lemons)

175g unsalted butter, softened

350g icing sugar, sieved

4 tbsp jam of your choice

mini meringues, biscuits, macarons and
raspberries (or any toppings you like)

1 Heat the oven to 200C/180C fan/gas 6. Butter a deep 30 x 23cm rectangular tin. Beat the butter and sugar together in a stand mixer until pale, about 5 mins. Add the eggs, one at a time. Sift in the flour and baking powder, and add the lemon zest and milk. Fold in using a large metal spoon. Spoon into the tin. Bake for 35-40 mins until a skewer inserted into the centre comes out clean. Leave to cool for 10 mins in the tin, then turn out onto a wire rack to cool completely.

2 Transfer the cake to a board and cut in half through the equator. Put one half on a baking tray. Mix the caster sugar with the lemon juice, then brush this over the cut sides of the cake halves. For the buttercream, beat the butter in a stand mixer to loosen. Slowly add the icing sugar and a splash

of water and continue to beat until pale. Spread the jam over the base cake layer, then carefully spread a third of the buttercream on top. Sandwich with the other cake layer, then cut the cake into the shape of your desired number using a serrated knife, trying to waste as little of the cake as possible (offcuts can be eaten as a small treat). Spoon the remaining buttercream into a piping bag fitted with a star nozzle and pipe swirls on the cake. Decorate with your chosen toppings. *Will keep chilled for up to three days.*

PER SERVING 751 kcal • fat 39g • saturates 24g •
carbs 91g • sugars 69g • fibre 1g • protein 7g • salt 0.5g



tip
Draw the number on a sheet of baking parchment, which is the same size as the cake, to use as a template for shaping it.



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SKILLS FOR LIFE

KIDS' KITCHEN

In this series, we'll guide you and your children through six essential cooking skills, so they can build their knowledge and confidence. This month, learn to boil

recipes CASSIE BEST *photographs* WILL HEAP

HOW TO USE OUR GUIDE

These recipes are suitable for children aged seven to 11, but younger children can also get involved with support from an adult. Older children and teenagers can also enjoy making these recipes, and may want to adapt or further develop them, swapping in their favourite ingredients or adding extra spices to make them their own.

The step-by-step recipes come with clear lists of ingredients and

equipment so they're easy to follow, and there are three to support each new skill: a basic recipe, one that's more of a challenge and another for advanced mini chefs. Talk through and practice the cooking skill with your child before making the dishes.

Follow this collection of monthly recipes as you would a cookery course, making each recipe with your child to help develop their skills and confidence.

Part 3



Boiling

This is a key method used for cooking pasta, rice, stews, sauces and countless other foods and recipes. It's important to learn how to boil food safely, as accidents can easily happen when you're working with hot liquids. It's also one of the simplest and oldest cooking methods, since all you need is a pot and heat source, be it a gas or electric hob or even a campfire.

- Make sure your pot or pan is large enough for the recipe or food you're cooking. Never fill a pot more than three-quarters full, as it may

boil over. Your saucepan should have a long, heat-resistant handle that you can hold to steady the pot while you stir. Large flameproof casserole dishes are usually heavy, so you don't need a handle to keep them from moving as you stir.

- Read the recipe through before you start cooking to check if you'll need a lid for your pot or pan and if it will need to go in the oven. Find a long wooden spoon, whisk or spatula for stirring.

Safety first

The safest way to bring a pan of water to the boil is to fill the pan with cold water, then set it on the hob over a high heat. To speed up the process and save energy, you can fill the pan with hot water from the kettle.

Once the liquid is boiling, reduce the heat to maintain a steady boil (sometimes called a 'rolling boil') and monitor the pan at all times.

When stirring liquid in a saucepan, hold the handle to keep the pan steady. Use a small cloth to hold the handle if the heat from the hob is too intense, but make sure it doesn't hang down near the naked flame.

When stirring the liquid, keep your hands and wrists away from the edge of the pan, which will be extremely hot. Stir in a slow motion to prevent splashes.

If you need to drain the liquid (when cooking pasta or vegetables, for example), make sure the colander is ready in the sink and your pathway to the sink is clear. Hold the pan with a cloth in two hands and carefully pour the contents away from your body into the colander.

Holiday at home

If you're off to Greece this year, you'll be able to order a salad much like this one (minus the pasta). But, even at home, you can create a holiday mood through what you cook. Try the ideas below and search for the recipes at bbcgoodfoodme.com.

Paella from Spain

Steak haché with pommes frites from France

Spaghetti carbonara from Italy

BASIC SKILL

Greek-style pasta salad



SERVES 4 **PREP** 20 mins
COOK 10 mins **EASY** **V**

200g pasta bows, or another shape
3 tbsp extra virgin olive oil
1 tbsp red wine vinegar
1 tsp dried oregano
16-20 cherry tomatoes
75g pitted olives (green or black both work well)
½ small cucumber
1 red onion
100g feta (check it's vegetarian, if needed)

You'll also need
medium saucepan
kettle (optional)
scales
wooden spoon
measuring spoons
mixing bowl
mixing spoon
colander
chopping board
sharp knife

GOOD TO KNOW 2 of 5-a-day
PER SERVING 363 kcals • fat 17g • saturates 5g •
carbs 40g • sugars 5g • fibre 5g • protein 11g • salt 1.3g

>>>
Use the
method
opposite

Step 1

Boil the kettle and fill a medium saucepan with hot water until it's three-quarters full. Put the pan on the hob. Season the water with a pinch of salt. Turn the heat to medium-high, and the water should start to boil after a minute or so. Tip the pasta into the boiling water, being careful not to splash, which could burn your skin.



Step 2

Hold the handle of the saucepan with one hand and carefully stir the pasta with a long wooden spoon using your other hand to prevent it from sticking. Set your timer for 10 mins. Stir the pasta every minute or so, and keep checking to make sure the water is gently boiling as the timer counts down.



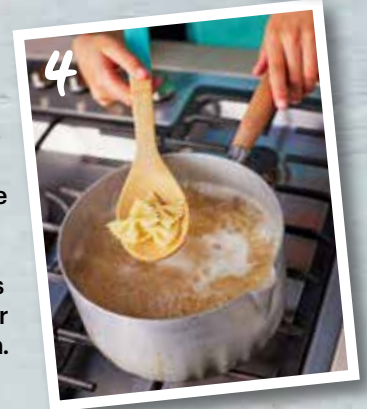
Step 3

While the pasta cooks, measure 3 tbsp olive oil, 1 tbsp red wine vinegar and 1 tsp dried oregano into a mixing bowl. Season with some salt and black pepper, and mix well – this will make a zingy dressing for the pasta.



Step 4

When your timer beeps, it's time to check if the pasta is cooked. Scoop a piece of pasta out of the boiling water using your wooden spoon, tip it onto a plate and leave to cool for 30 seconds. Try the pasta: if it's soft, it's cooked; if it's a little hard in the middle, it needs to cook a bit longer. Set your timer for 2 mins more, then check again.



Step 5

Put a large colander or sieve in the sink. When the pasta is cooked, turn off the heat and, using both hands, carefully carry the saucepan to the sink and tip the pasta into the colander to drain away the water. Leave to cool and drain for a few minutes, then tip the pasta into the mixing bowl with the dressing. Mix the pasta through the dressing.



Step 6

Put a chopping board on your work surface. Cut the tomatoes in half by pinching one between your thumb and finger and carefully slicing through the middle with a small serrated knife. Slice the olives in the same way. Add the tomatoes and olives to the pasta.



Step 7

Place the cucumber on the chopping board and cut it in half lengthways. Place the two pieces flat on the board so they don't roll around, then cut each piece in half again, so you have four long, chunky pieces. Cut across the pieces the other way to make little triangles. Tip into the mixing bowl.



Step 8

Hold the onion on your board and cut off the pointy end. Cut it in half through the root. Peel away the outer layers, then lay each half flat on the board. Holding the root end, slice the onion into thin half-moon shapes up to the root. Tip the onions into the bowl.



Step 9

Crumble the feta into small pieces into the mixing bowl. Carefully mix the ingredients together until they're well combined. *Will keep chilled for up to a day.*



THE NEXT LEVEL

Easy salmon sushi rice bowl

We've topped this simple sushi bowl with salmon, but you could use prawns, tuna or cooked chicken instead, if you like.

SERVES 2 **PREP** 10 mins
COOK 20 mins **EASY**

150g sushi rice
pinch of caster sugar
1 tbsp rice vinegar
120g frozen edamame beans
1 large carrot
handful of radishes
¼ cucumber
2 cooked skinless salmon fillets
1-2 tbsp low-salt soy sauce
1 tsp toasted sesame seeds
few pieces of sushi ginger (optional)

You'll also need

scales
medium saucepan with a lid
measuring jug
measuring spoons
wooden spoon
small saucepan
vegetable peeler
chopping board
sharp knife

1 Tip the sushi rice into a medium saucepan, cover with 200ml water and add a pinch of salt. Put the pan on the hob and turn the heat to high. Wait for the water to boil, then reduce the heat to very low, cover the pan with a lid and leave to gently cook for 15 mins.

2 After 15 mins turn off the heat, fluff up the rice with a fork, then return the lid to the pan and leave for another 5 mins – the rice will continue to cook. After 5 mins, check the rice is cooked – it should have absorbed all the water and be soft, but not mushy. Stir the sugar and vinegar through the rice, cover with the lid again and keep warm while you prepare the other ingredients.

3 Fill a small pan halfway with water, put it on the hob and bring the water to a gentle boil. Add the edamame beans, cook for 3 mins, then drain.



4 Peel the carrot and discard the outer skin, then keep peeling to create lots of carrot ribbons.

5 Thinly slice the radishes. Cut the cucumber into batons, then thinly slice them lengthways.

6 With your hands, break the salmon into small pieces. Be sure to look out for any bones and throw these away.

7 Divide the warm rice between two bowls and arrange the other ingredients on top, then top with the soy sauce and sesame seeds, and add a few pieces of sushi ginger, if you like.

GOOD TO KNOW healthy • fibre • omega-3 • folate • 2 of 5-a-day
PER SERVING 713 kcals • fat 27g • saturates 5g • carbs 73g • sugars 10g • fibre 7g • protein 41g • salt 1.2g

Know your rice

There are hundreds of varieties of rice in the world, each with their own shape, size, flavour and texture. These are some of the most widely used varieties:

Sushi rice

This is made using Japanese short-grain rice, often called sushi rice. It's a particularly sticky variety, making it perfect for forming the little shapes used to make sushi.

Brown rice

Having a firmer texture than white rice, brown takes longer to cook. It can be soaked before cooking to speed up the process. The end result has a nuttier flavour, too.

Basmati rice

The grains are long, thin and aromatic. Each grain should be individual and not stuck together when cooked. You've probably tried basmati rice served with a curry.

Risotto rice

As a short-grain rice, this produces a starchy substance when cooked, and this is what makes risotto creamy. It can also be used to make rice pudding.

CHALLENGE YOURSELF

Golden noodle soup with soft-boiled eggs

Learn how to cook noodles and boil an egg using this noodle soup recipe. Add a little sliced chilli if you like a kick of heat.

SERVES 4 **PREP** 15 mins
COOK 15 mins **EASY**

4 medium eggs
 400g egg noodles
 2 tbsp vegetable oil
 2 large garlic cloves
 1 tbsp ginger purée
 2 tsp ground turmeric
 400ml stock, made with 1 low-salt chicken stock cube or 1 tbsp low-salt concentrated liquid stock
 2 x 400g cans reduced-fat coconut milk
 3 tbsp light soy sauce
 1 tbsp light brown soft sugar
 150g sugar snap peas
 small bunch of spring onions
 small handful of coriander leaves

You'll also need

small saucepan
 slotted spoon
 medium saucepan with a lid
 colander
 measuring spoons
 garlic crusher
 wooden spoon
 measuring jug
 can opener
 chopping board
 sharp knife

1 Bring a small saucepan of water to the boil and carefully lower in the eggs using a slotted spoon. Set a timer for 7 mins if you like your eggs jammy in the middle, or 8 mins for a more set yolk. Have a bowl of cold water ready. When the timer beeps, scoop the eggs from the hot water using a slotted spoon and plunge into the cold water. Leave to cool.

2 Fill a medium saucepan with enough water to come halfway up the side of the pan. Bring the water to boil over a high heat, reduce the heat, then lower in the noodle nests and season the water with a pinch of salt.



Cook for 5 mins, or until just cooked – test one noodle to see if it's done, allowing it to cool a little first. Drain the noodles and drizzle with 1 tbsp oil while they're still in the colander, then toss to prevent the noodles from sticking together.

3 Peel the garlic cloves, then crush to a paste using a garlic crusher.

4 Pour the remaining 1 tbsp oil into the saucepan (no need to wash it first) and turn the hob to a medium heat. Add the garlic and ginger, stirring for a minute until sizzling, then add the turmeric and stir for another 30 seconds.

5 Pour in the stock, coconut milk, soy sauce and sugar. Bring to a gentle simmer, then allow to bubble for 2 mins.

6 Cut the sugar snap peas in half on an angle, then drop them into the hot soup and cook for 1 min. Thinly slice the spring onions.

7 Divide the noodles between four shallow bowls (pasta bowls are perfect). Use a ladle to spoon over the hot soup and sugar snap peas. Carefully peel the eggs, then cut them in half and add two halves to each bowl, before scattering with the spring onions and coriander.

GOOD TO KNOW iron • fibre • 1 of 5-a-day
PER SERVING 714 kcal • fat 29g • saturates 15g •
 carbs 83g • sugars 11g • fibre 7g • protein 26g •
 salt 2.6g

**NEXT
 MONTH**
 learn to
 fry safely

Don't waste it

Did you know crushed eggshells help keep slugs and snails away from your homegrown veg and flowers? Scatter the shells around the base of the plants to keep the little beasties at bay.



MARIA BONITA - SOUK MADINAT JUMEIRAH

A firm establishment for Mexican cuisine within Dubai's dining scene, since 2002, Maria Bonita has been serving authentic, homemade, slow-cooked salsas, handmade tortillas, and guacamole prepared in an artisanal way, among many other dishes made with the finest ingredients and special attention to detail

Grilled Octopus Tacos

SERVES 3 TACOS

100ml olive oil
200g octopus
30g paprika
5g salt
5g pepper
20g garlic
3g cloves
3g bay leaves
3g oregano
3 blue corn tortillas
12g chipotle mayo
12g aioli
5g radish
5g coriander sprouts
5g pickled red onion
2l water

1 Cook the octopus in the water with spices (cloves, bay leaves and oregano) for 45 minutes.

2 Prepare the marination with olive oil, paprika, salt, pepper and garlic.

3 Once the octopus is cooked, marinate overnight in the mixture.

4 Set the grill with charcoal or wood and cook the octopus until it is lightly roasted.

5 Serve in a blue corn tortilla, accompanied by aioli and chipotle mayo on the top. Garnish with radish, coriander sprouts and pickled red onion.

MATCH SPECIAL!

Maria Bonita's Souk Madinat Jumeirah branch, overlooking the Burj Al Arab, will show all the games on an outdoor screen. Diners can pay a cover fee, which is fully redeemable on food & beverages. AED200 per person.

Visit mariabonitatacoshop.com

health

Delicious recipes and top nutrition tips



5 healthy ideas

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5 healthy ideas

root veg

These recipes showcase produce that's available in abundance during these months

Puy lentil, spiced roast carrot & feta salad

SERVES 4 PREP 10 mins COOK 30 mins EASY V

Heat the oven to 200C/180C fan/gas 6. In a large roasting tin, toss together **1 tbsp olive oil**, **1 tbsp cumin seeds**, **500g carrots**, peeled and cut into batons, and a good helping of salt and ground black pepper. Roast for 25 mins, turning halfway through cooking. Drizzle over **1 tbsp honey** and roast for 5 mins more. Meanwhile, gently heat a **250g pouch of cooked puy lentils** with **1 finely sliced red onion**, the juice of **½ lemon**, **1 tbsp olive oil** and a good pinch of salt and pepper in a pan over a low heat for a few minutes to warm through. Allow to cool slightly while the carrots finish cooking. Toss the dressed lentils with a **large handful of roughly chopped mint leaves** and **100g lamb's lettuce**. Lay the warm spiced carrots on top and scatter with **85g crumbled feta**.

GOOD TO KNOW healthy • low cal • fibre • iron • 3 of 5-a-day • gluten free
PER SERVING 285 kcals • fat 12g • saturates 4g • carbs 28g • sugars 15g • fibre 10g • protein 12g • salt 0.8g

Root veg lentil bowl with herb pistou

SERVES 4 PREP 30 mins COOK 50 mins EASY V

Heat the oven to 200C/180C fan/gas 6. Toss **300g carrots**, cut into chunks, and **300g quartered parsnips** with **1 tbsp rose harissa** and **½ tbsp rapeseed oil** and season. Tip onto a baking tray and roast for 40-45 mins, until tender. Toss **150g baby spinach** and **1 tbsp of water** through for the last 5 mins to wilt. Blitz **2½ tbsp rapeseed oil**, **½ small bunch of coriander**, **½ small bunch of mint**, **1 small garlic clove** and **30g toasted mixed nuts** in a food processor, until smooth – add 1 tbsp water to loosen if needed. Season and stir in the **zest and juice of 1 lemon**. Warm **2 x 250g pouches of cooked puy lentils** in the microwave or in a pan with a few tablespoons of water, then toss with the roots and spinach. Spoon into bowls and top with the herb pistou.

GOOD TO KNOW vegan • healthy • fibre • 2 of 5-a-day • gluten free
PER SERVING 421 kcals • fat 16g • saturates 2g • carbs 43g • sugars 11g • fibre 16g • protein 18g • salt 1.5g

Spicy root & lentil casserole

SERVES 4 PREP 10 mins COOK 35 mins EASY V

Heat **2 tbsp sunflower oil** in a large pan and cook **1 chopped onion** and **2 crushed garlic cloves** over a medium heat for 3-4 mins until softened. Tip in **700g peeled, chopped potatoes**, **4 thickly sliced carrots** and **2 sliced parsnips**, turn up the heat and cook for 6-7 mins, stirring, until the vegetables are golden. Add **2 tbsp curry paste** and **1 litre vegetable stock**, then bring to the boil. Reduce the heat, add **100g red lentils**, cover and simmer for 15-20 mins until the lentils and vegetables are tender. Stir in a handful of **chopped coriander**, season and heat for a minute. Top with **low-fat yogurt**.

GOOD TO KNOW healthy
PER SERVING 378 kcals • fat 9g • saturates 1g • carbs 64g • sugars 0g • fibre 10g • protein 14g • salt 1.3g

Honey-roasted swede with chilli & cumin

SERVES 4 PREP 10 mins COOK 45-50 mins EASY V

Heat the oven to 200C/180C fan/gas 6. Toss **1 large swede**, peeled and cut into chunks, in **2 tbsp olive oil** in a roasting tin, then season. Roast in the oven for 35-40 mins, tossing occasionally, until golden and soft. Stir in **1 tbsp honey** and **1 tsp cumin seeds**, and roast for 10 more mins until just starting to catch. Remove and add **1 large chopped red chilli** and a bunch of **chopped coriander** to serve.

GOOD TO KNOW vit c • 1 of 5-a-day • gluten free
PER SERVING 103 kcals • fat 6g • saturates 1g • carbs 10g • sugars 10g • fibre 3g • protein 1g • salt 0.1g

Roasted roots & sage soup

SERVES 2 PREP 15 mins COOK 45 mins EASY V *

Heat the oven to 200C/180C fan/gas 6. Toss **1 peeled and chopped parsnip**, **2 peeled and chopped carrots** and **300g chopped turnip** with **4 garlic cloves** (skins left on). Add **1 tbsp rapeseed oil** and season. Tip onto a baking tray and roast for 30 mins until tender. Toss with **1 tsp maple syrup** and **¼ small bunch of chopped sage**, then roast for another 10 mins until golden and glazed. Brush **4 whole sage leaves** with **½ tsp rapeseed oil** and add to the baking tray in the last 3-4 mins to crisp up, then remove and set aside. Scrape the vegetables into a pan, squeeze the garlic out of the skins, discarding the papery shells, and add with **750ml vegetable stock**, then blend using a hand blender until very smooth and creamy. Bring to a simmer and season with salt, pepper and a **grating of nutmeg**. Divide between bowls. Serve with **1½ tbsp fat-free yogurt** and the crispy sage leaves.

GOOD TO KNOW healthy • low fat • low cal • fibre • 2 of 5-a-day
PER SERVING 221 kcals • fat 9g • saturates 1g • carbs 26g • sugars 18g • fibre 10g • protein 5g • salt 0.2g





CHUAN

Located on the West of The Pointe, Palm Jumeirah, the authentic Chinese restaurant Chuan has been designed with precision, taking inspiration from the dining halls of the Chinese royal family. The Chinese term for flowing water into the sea, Chuan, is a homegrown concept that features a glass cellar with an extensive range of premium grapes, a sprawling terrace, multiple private dining rooms and a menu comprising traditional and contemporary Chinese dishes, including Peking duck, made-to-order live seafood dishes and much more. Dishes are cooked to perfection using techniques handed down from Chinese forefathers to Chuan's master chef and kitchen director, Sun Yong He

Steamed Scallop With Garlic And Vermicelli

SERVES 4

8 scallops in shell
3 cloves garlic, minced
1 Chinese spring onion, chopped to 0.5cm piece

2 bundles of dried vermicelli noodles

SAUCE

2 slices ginger, chopped
4 cloves garlic, minced
handful of cilantro or parsley leaves, chopped
2 tbsp light soy sauce
1 tbsp dark soy sauce
1 tsp sugar, more if you like it sweeter
2tsp vegetable oil
water

1 Soak vermicelli noodles in hot water and submerge the scallops in cold water for 10 minutes. While doing this, prepare the sauce by mixing light soy sauce, dark soy sauce, sugar and garlic. Mix until the sugar has dissolved and liquified.

2 Heat a small pan under medium-low heat and add 2 tbsps of vegetable oil. When the oil has slightly warmed (not hot) add in minced garlic and fry till fragrant and soft - 1 minute. Then proceed to transfer the oil and garlic mixture into a bowl, mix well and set aside for serving.

3 Drain the scallops from the cold water and clean using a tool (toothbrushes are recommended). Brush off the access dirt from the shells, then advance to opening up the scallops with a small and sharp knife, to remove the dark digestive parts, leaving the coral and other edible surfaces attached to the meat. Cut the muscle that attaches the scallop to the

bottom shell. Lastly, blot the scallops with a paper towel, reserve the bottom of the shells and set all aside.

4 Drain the vermicelli noodles and cut in half with food scissors. Place a serving of noodles on each scallop shell. Add a scallop on top of each portion of noodles, and sprinkle some garlic on top of the scallops.

5 Once the water is boiling and the steamer is ready, carefully place each scallop shell into the steamer for 3 minutes. You may have to do this in batches depending on the size of the steamer.

6 Remove the scallops from the steamer, and drizzle the sauce upon each serving using a small spoon. Garnish with thinly sliced spring onions.

Visit chuanseafood.com



12g whipping cream

PLATING (PER BOWL)

60g Chawan mushi mixture

2g Nameko mushroom

15g King crab legs

15g Hokkaido fresh uni

3g Kaluga caviar

2g Spring onion

Fresh winter truffle slices

2 drops of black winter truffle oil

1 Wash the king crab shells in cold running water.

2 In a pot, pour the water, add the crab shells and the vegetables. Simmer for 30 minutes. Add the kombu kelp, katsuobushi, and hondashi. Stir and simmer for 1 ½ hours at 60C water temperature.

3 Turn off the heat and discard the kombu kelp. Cool down and strain twice to remove all impurities.

4 For the Dashi, soak the dried shitake in a jar filled with water. Keep it in the chiller overnight, or a minimum of 6 hrs.

5 Transfer the dried shitake and the liquid to a pot. Add the kombu kelp, bonito flakes, hondashi, soy sauce and mirin. Simmer on 60C for 2 hrs.

6 Cool and strain twice.

7 In a mixing bowl, whisk the mixture ingredients: crab stock, eggs and whipping cream until well incorporated. Pass the mixture twice through a fine sieve.

8 Scrape any bubbles on top of the mixture. Keep it chilled until ready to use.

9 In a small soup bowl, add 7g of king crab meat, 2g Nameko mushrooms and 60g chawan mushi. Cover the bowl with cling film and steam for 8-10 minutes, until it forms a custard consistency. Remove from steamer.

10 On top of the custard, top with 8g king crab, fresh Hokkaido uni, Kaluga caviar, fresh truffle, chopped spring onions and truffle oil.

11 Pour 10-15ml warm mushroom soy dashi into the bowl and serve.

Visit 99sushibar.com

99 SUSHI BAR AND RESTAURANT

Swanky Spanish brand 99 Sushi Bar boasts exclusive locations in Madrid, Barcelona, Marbella and Bilbao. In the UAE, the pioneers of Japanese haute cuisine operate two properties, on Al Maryah Island and by the Fountains and Burj Khalifa - where you can also unwind at 99 Lounge, the all-new al fresco dining experience at the foot of the iconic landmark. The award-winning restaurants take diners on an extraordinary culinary voyage to the Land of the Rising Sun, infusing the cuisine with original signature techniques and flavours. The avant-garde experience boasts expertly crafted dishes, with an emphasis on premium bluefin tuna, enhanced by exceptional service and contemporary interiors. 99 Sushi Bar will soon be opening in Rabat, London and Riyadh.

Crab Chawan mushi with mushroom soy dashii

SERVES 6-7

CRAB STOCK

1 litre water
300g king crab shells or blue crab shells
8g katsuobushi (bonito flakes)
10g kombu kelp, cut into 4in x 4in square
50g white onion, cut into quarter
50g carrots, cut into big cubes
35g leeks, white part cut 1-inch slices
35g celery sticks
10g hondashi powder

MUSHROOM SOY DASHI

1 litre water
7g dried shitake
10g katsuobushi (bonito flakes)
5g kombu kelp
8g hondashi powder
200ml soy sauce
275ml Mirin

CHAWAN MUSHI MIXTURE

300ml Crab stock
1 egg yolk
2 whole eggs

gf healthy diet plan

spiced rice

Inspired by the classic Indian main, our plant-based version has raisins and cashews for texture and flavour, and it provides all of your five-a-day

recipe SARA BUENFELD photograph MIKE ENGLISH

Vegan biryani

SERVES 4 **PREP 15 mins**
COOK 45 mins **EASY V**



240g brown basmati rice
1½ tbsp rapeseed oil
1 large onion (220g), finely chopped
1 cinnamon stick
1 red chilli, deseeded and finely chopped (optional)
3 large garlic cloves, finely chopped
20g fresh ginger, peeled and finely chopped
1½ tsp cumin seeds
1 large red pepper, deseeded and roughly chopped
1 large aubergine (320g), cut into cubes
2 tbsp curry powder
400g can chopped tomatoes
2 tsp vegan bouillon powder
320g small cauliflower florets
30g coriander, stems and leaves separated and chopped
40g flame raisins
50g unsalted cashew nuts, toasted

- 1 Rinse the rice until the water runs clear, then cook in a pan of fresh cold water following pack instructions for about 20 mins, or until almost tender.
- 2 Meanwhile, heat the oil in a large, deep frying pan over a medium heat and stir in the onion, cinnamon stick, chilli, garlic and ginger so they're coated in the oil. Scatter over the cumin seeds, cover and cook for 5 mins.
- 3 Stir well, then add the pepper and aubergine, and cook, stirring

for 3-5 mins, until the veg is starting to soften. Stir in the curry powder, then the tomatoes and bouillon. Tip in the cauliflower florets, coriander stems and raisins, then cover and simmer for 10 mins over a medium-low heat.

4 Drain the rice, then tip it into the veg mixture and gently toss to combine. Cover and cook over a low heat for 8 mins until the rice and cauliflower are tender. Try not to add extra liquid, as you don't want the end result to be wet. Remove from the heat and leave to stand for 5 mins, then gently toss through the cashews and coriander leaves. *Will keep chilled for two days. Leave to cool completely first. Reheat portions in the microwave until piping hot before serving.*

GOOD TO KNOW **vegan** • healthy • low cal • folate • fibre • vit c • iron • 5 of 5-a-day
PER SERVING
500 kcals • fat 16g • saturates 2g • carbs 70g • sugars 20g • fibre 12g • protein 14g • salt 1.02g



EXPERIENCE THE AL BALEED FOOD FESTIVAL 2022

Tantalize your tastebuds with international flavours, as you embark on a remarkable culinary journey at Al Baleed Resort Salalah by Anantara in Oman, with leading chefs from across the globe

Sited between a beach and freshwater lagoon, Al Baleed Resort Salalah by Anantara is the first and only luxury resort in the Dhofar region of southern Oman with private pool villas. Flanked by a pristine 250-metre beach, the resort features a sparkling infinity pool along with three exquisite dining options and an Anantara Spa.

Escape to Oman for a week-long culinary fest from 22 – 27 November 2022, that will captivate local diners and visitors with a diverse array of international cuisine. Exclusive dinners and demonstrations await guests at the resort's acclaimed restaurants. The food festival will culminate in a Gala Dinner at Al Mina on 27 November, where each chef will present two signature dishes.

Diners can book individual events from the following schedule:

<p>Patrick Jeffroy</p> <p>Bringing the heritage of France's northwesternmost region, Brittany, to Salalah, the two Michelin-starred chef will present flavours from land and sea</p> <p>22 November 5-course menu at Mekong, from 6.30pm</p> <p>23 November Workshop at Sakalan, 1pm</p>	<p>Dina Macki</p> <p>Known for her devotion to the fresh, local ingredients of Salalah, Dina Macki reveals her eclectic approach to cookery through delectable dishes</p> <p>23 November 5-course menu at Sakalan, from 6.30pm</p> <p>24 November Workshop at Sakalan, 1pm</p>	<p>Roger Van Damme</p> <p>See first-hand the perfection of Michelin-starred Chef Roger van Damme from Belgium. Indulge in an unforgettable afternoon tea experience, a journey that started with his great-grandfather's passion for pastry</p> <p>23-27 November Afternoon Tea at Al Mina Daily, from 3pm-6pm</p>
<p>Thomas Bühner</p> <p>One of Germany's leading chefs who secured three Michelin stars, Bühner showcases culinary creations that have won acclaim the world over</p> <p>24 November 5-course menu at Mekong, from 6.30pm</p> <p>25 November Workshop at Sakalan, 1pm</p>	<p>Louis Anjos</p> <p>Passionate about Portuguese cuisine and paying tribute to his roots through his creations, Michelin starred Chef Louis Anjos uses the finest native ingredients to create unique dishes inspired by his homeland</p> <p>25 November 5-course menu at Al Mina, from 6.30pm</p> <p>26 November Workshop at Sakalan, 1pm</p>	<p>Peter Gast</p> <p>Dutch Michelin-starred Chef Peter Gast takes inspiration from an early life on the farm and shows the authentic flavours of nature</p> <p>26 November 5-course menu at Mekong, from 6.30pm</p> <p>27 November Workshop at Sakalan, 1pm</p>

Bookings are now open, starting at OMR 10 per workshop and dinners from OMR 25, with the final evening priced at OMR 35 per person. All these events have limited capacity. For more information and reservations, please email res.aabs@anantara.com or contact +968 2322 8222.

GOURMET LIFESTYLE

*THE SUITE LIFE
THE DUBAI
EDITION* p90



Competitions, p95



THE SUITE LIFE

Escape to The Dubai EDITION, a tranquil destination amidst the bustle of the city



Nestled in Downtown Dubai, The Dubai EDITION is a blissful retreat tucked away in the heart of the city, featuring stunning views of Burj Khalifa. The hotel's minimalist design, and warm interiors with captivating architecture boasts striking wooden and marble elements, a 15-metre-high vaulted arch ceiling, an opulent crystal chandelier, digital and abstract art, and lush greenery that's prevalent throughout the venue. Upon entering the premises, the hotel exudes the vibe of a lavish establishment that's redefining the rules of traditional luxury hotels.

ACCOMMODATION

We experienced the EDITION State-of-Mind getaway package, comprising a widespread breakfast for two at Duomo, two complimentary beverages at Thia Sky Lounge, and AED200 off on rejuvenating 60-minute spa treatments. Entering our spacious King Room with a private balcony, we were stunned by the views of Burj Khalifa upon arrival. The suite features a plush bed, an en-suite bathroom with a rain shower and free-standing bathtub, Le Labo toiletries crafted exclusively for the brand, a spacious work desk, flatscreen TV and a comfy couch for when you want to lounge with an espresso and a good read.





Duomo

CULINARY OFFERINGS

The Dubai EDITION manages to deliver personalized experiences at its exceptional dining establishments. Our journey for the evening began with sundowners at the outdoor pool terrace, Thia SkyLounge, while enjoying the cool breeze and views of the iconic Burj Khalifa. We headed for Inti Rooftop & Lounge after, a Nikkei experience boasting an al fresco terrace, Peruvian beats, and panoramic views of the Dubai Fountains and The Dubai Opera.

The restaurant has a strong connection to the Incan cultural heritage and identity, reflected throughout the venue's design - intimate dark hues with abstract light fixtures. Our meal began with creamy Guacamole served with chilli chips, followed by a delicate silky Ceviche Classico with seabass, leche de tigre, chupre and sweet potato. The smooth and tangy flavours made this classic incredibly palatable. For mains, we shared the crunchy Mariscos comprising flavourful prawn, squid, scallop and aji panca rice, and the melt-in-your-mouth, indulgent Yakiniiku (sous-vide beef short ribs). To accompany the mains, we opted for the Huancaína (crispy potato drizzled with yellow chilli cream), a glorious side with an explosion of flavours and textures. And to finish, we indulged in the Exotic Suspiro showcasing passion fruit cream, seasonal fruit and pavlova, which was utterly delightful. The decadent Manjari chocolate fondant, with dark chocolate and coconut ice cream, was sinful but worth every bite.

Breakfast is served at Duomo; an airy venue with vibrant couches indoors and an outdoor seating area surrounded by lush greenery. The restaurant offers a menu-style breakfast spread with wholesome options brought to the table. My dining partner and I ordered the Eggs benedict with smoked salmon, Greek yogurt topped with granola and berries, a croissant basket filled with the usual - chocolate, almond, buttered and jam-filled varieties - and the Avocado toast brightened with feta and walnuts. The Duomo is a must-visit in the evening too! The dome lit with gorgeous digital art and abstract projections is a work of art.

VERDICT

A peaceful enclave that ticks all the boxes for a quick getaway, from high-standard culinary offerings to a serene stay with unbeatable views.

BOOK NOW!

The EDITION State-of-Mind experience is available from AED1,599. Call +9714 602 3333 or visit editionhotels.com/dubai/





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COMPETITIONS

Fabulous prizes, from dining vouchers to gourmet goodies, up for grabs



A HOLISTIC EXPERIENCE WITH MAISON SANTÉ, WORTH AED1,500

Blending Eastern and Western medical knowledge, Maison Santé is your new home for regeneration, balance and growth of body and mind. Maison Santé connects you to an ecosystem of experts in preventive medicine, traditional Chinese medicine, physiotherapy and psychology. The tranquil clinic on the 2nd floor of Meyan Mall, Al Thanya Street, redefines the philosophy of holistic wellness. One lucky winner can get a package that includes a wellness assessment, body composition analysis, personalised treatment based on your assessment, lifestyle advice and a bag of healthy goodies from the Maison Santé lounge.



DINNER FOR FOUR AT QWERTY, MEDIA ONE HOTEL, WORTH AED700

Qwerty features quirky yet stunning décor, making it the perfect place to unwind, enjoy a sumptuous meal and sip on concoctions made by an award-winning mixologist. The menu boasts an exciting selection of main courses including smokey duck, short ribs, sea bass and vegan dishes. To satisfy sweet cravings, indulge in the decadent salted butterscotch crème brûlée. The venue is pet-friendly over the weekends too! Stand a chance to win a two-course dinner for four paired with exquisite concoctions.



DINING VOUCHER AT PEPPERMILL, WORTH AED500

One lucky winner will receive a meal voucher to enjoy authentic Indian cuisine and irresistible fusion of flavours that will tantalize your tastebuds. Peppermill redefines Indian haute cuisine featuring traditional dishes with a contemporary flair. An elegant yet casual venue, the restaurant invites diners to enjoy an exclusive dining affair and a flavoursome cultural meal.



SHOPPING VOUCHER AT MARKS & SPENCER, WORTH AED500

As the most magical time of the year approaches, get into the holiday spirit with Marks & Spencer. Find exquisite gingerbread musical houses and the starry night shortbread selection project tin. Spread the festive cheer with Iced Christmas cakes and Butter mince pies, and prepare your advent with the iconic Where's Wally calendar. Even the grumpiest of grinchers can't deny that Marks & Spencer treats will be the highlight of this festive season and the perfect gift for loved ones!



EVENING BRUNCH FOR TWO AT UVA BAR AND LOUNGE, WORTH AED500

UVA, a refined Bar and Lounge at Marriott Al Forsan offers La Luna, a magnificent evening brunch. Enjoy post-work concoctions, a night out with your girlfriends, an intimate dinner or a celebration with friends at this hotspot. Diners can opt for three delightful dishes from the menu paired with free-flowing house beverages for three hours. Highlights include Char-grilled octopus, Wagyu beef slider, Garlic mussels, juicy chicken buns and a variety of cheeses and cured meats, to name a few. One lucky winner and a guest will get to experience spectacular dishes at this impeccable restaurant.



DINING VOUCHER AT OPEN SESAME, HOTEL INDIGO DUBAI DOWNTOWN, WORTH AED500

Open Sesame, a hidden gem tucked away at Hotel Indigo Dubai Downtown, offers an extensive selection of grapes and Mediterranean-inspired dishes including vegetable tagine, mixed grills and grilled sea bass fillet, amongst other dishes. The boutique hotel features traditional culture of the UAE and contemporary designs. One lucky winner can take along guests to enjoy an immersive experience with vibrant dishes.



ICE CREAM VOUCHERS AT ISCREAM, WORTH AED400

Four winners will receive an AED100 voucher each, to indulge in luscious ice cream. iScream located on Jumeirah Beach Road offers creative, and playful ice cream flavours and frozen desserts. Highlights include unique flavours from Oreo yogurt and vegan coconut, to tabbouleh, spring roll, ketchup and tahina. Expect an adventure with innovative creations such as the iScream cloud (cotton candy wrapped around a cone with a scoop of iScream's range of delicious flavours) and 'Screamelon' (fresh watermelon slice with soft serve in between).



DINING VOUCHER AT BOMBAY BOROUGH, DIFC, WORTH AED500

Embark on a culinary journey with Bombay Borough, an elegant Indian bar and eatery serving authentic cuisine with distinct ingredients, spices and flavours. The well-crafted menu features platters and starters such as Indian mezze, hot plates, street grills, curries and mouthwatering biryani. Diners can look forward to a fun-fuelled day with a heartwarming meal, lively Indo-chic ambience and a range of drinks.



To be in with a chance of winning these prizes, visit our competitions page on bbcgoodfoodme.com, or simply scan this QR code with your mobile to directly to the website.

*Terms & conditions apply. Employees of CPI Media Group and entrants below 21 years old are not eligible to enter. Winners will be selected on random basis from correct entries.

#bbcgoodfoodmemawards



BBC goodfood Middle East MAGAZINE AWARDS 2022

The Top 5 shortlist is out!

Winners will be announced at the BBC Good Food ME Magazine Awards 2022 gala ceremony on December 8th

Vote for your favourite brands and get a chance to win a three-night stay for two adults (inclusive of seaplane transfers) at **Heritage Aarah, Maldives**; three-night stay, dinner and a couple's massage for two at **Regent Porto Montenegro**; or two economy flight tickets to/from Montenegro, inclusive of One Boka Bay guided tour at **Porto Montenegro**.

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